



THE PORTUGAL News

Portugal's **National** Newspaper in English

PUZZLE PAGE

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16 Oct 2010 • Edition N° 1083 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.theportugalnews.com

Algarve motorway toll protest attracts 20
Rain and a lack of publicity were this week given the blame for the failure of a protest by motorists in the Algarve to attract more than a handful of participants. (See Page 4)

Portugal elected to Security Council
The United Nations General Assembly on Tuesday elected Portugal to a non-permanent seat on the Security Council, giving Lisbon its third turn on the pivotal world body. (See Page 7)

Bank of Portugal forecasts stagnation for 2011
The Bank of Portugal has revised its economic growth forecast for this year up to a figure of 1.2 percent, an increase of 0.3 percent on earlier estimates. (See Page 13)

Road deaths down
Accidents on Portuguese roads so far this year have claimed a total of 539 lives, the National Road Safety Authority (ANSR) has revealed. (See Page 17)

Tourist injured in cliff crumble
A German tourist was seriously injured on Monday morning after a cliff overhanging Praia dos Beijinhos beach, Lagoa, disintegrated and falling rocks struck him. (See Page 23)

Ryder Cup heroes seek glory in the Algarve
It is every man for himself this weekend as four members of Europe's victorious Ryder Cup team vie to lay claim to the Portugal Masters trophy which has a purse of three million euros. (See Page 64)

Weekend weather
Lisbon: While thermometers will struggle to pass the 20-degree mark, no rain is forecast for next week though cloud cover will be common. **Algarve:** Blue skies will dominate the next seven days, with the exception of Sunday, though the lack of cloud cover will see evenings start to resemble a winter feel. **North:** The north of the country will also escape the rain, but those venturing out at night should prepare for single-digit temperatures.

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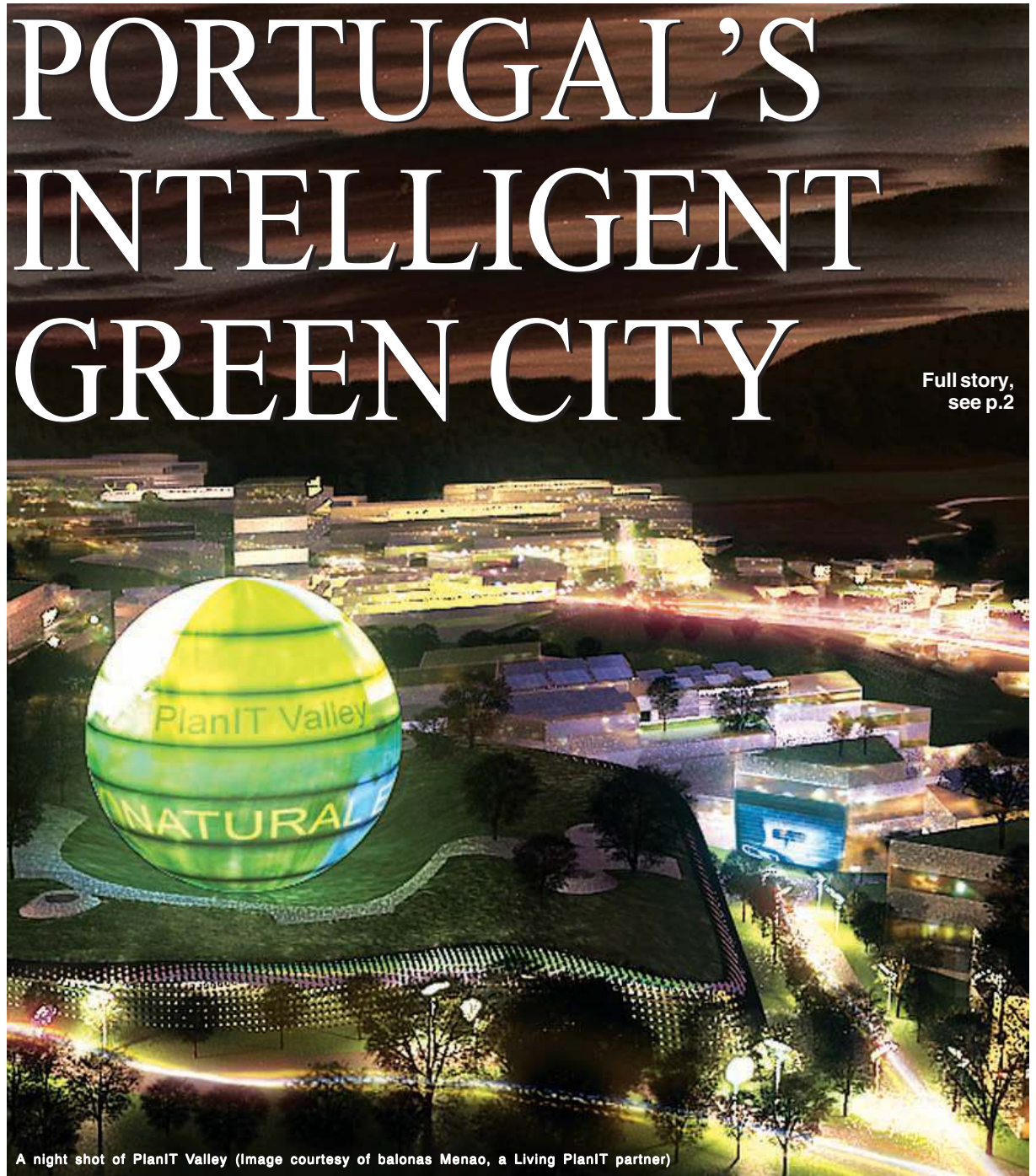
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Portugal set to house world's first "intelligent and sustainable" city

PORTUGAL'S INTELLIGENT GREEN CITY

Full story,
see p.2



A night shot of PlanIT Valley (Image courtesy of balonas Menao, a Living PlanIT partner)

THE PORTUGAL
NewsANGLOPRESS
Edições e
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Print & Distribution

Printers: MIRANDELA Gráfica, Lisbon

Tiragem: 20,960 copies this week

Distributors: VASP

Member of: apct audited circulation

Production

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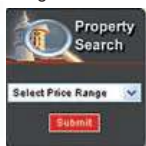
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Portugal's intelligent green city



An investment that is expected to be in the region of at least 10 billion euros is set to result in the world's first environmentally sustainable city. The planned city of PlanIT Valley (pronounced planet) is to be built on a 1,700-hectare site in Paredes, near Oporto, and will become the world's "first urban-scale collaboratory". The city will be based on the nervous system, and will be heavily reliant on a brain which in effect is a central computer that will regulate all facets of running a city such as water, energy and waste. The project will be funded entirely by "private equity".

Brendan de Beer

PlanIT Valley has been declared a project of national interest by the Government and has also received the full backing of Paredes Town Hall. It is expected to contribute significantly to local and national employment as well as the GDP.

Speaking to The Portugal News on Thursday afternoon, Living PlanIT Chairman Steve Lewis said the city's first inhabitants should be settling in by next September.

He explained that PlanIT Valley should generate in the region of 100,000 technical jobs once it is fully operational.

Praising Portugal, he said: "Bureaucracy has not held us back", while he argued that the economic crisis "has been irrelevant" and funding was not anymore of a concern than when the idea sprang to life three years ago.

This major development is designed to be the world's premier centre for sustainable community innovation and research and already has the commitment of some of the world's biggest thinkers who are raring to move into the city.

Living PlanIT explains that PlanIT Valley will be an inspirational environment for residents and visitors in which to live, work, play and learn.

Its infrastructure and facilities will create an integrated and continually evolving, living laboratory and research platform, employing state of the art technology, and providing an environment where the community can develop, deploy and experience technologies that address critical world market, economic, social, environmental and ecological needs.

"The PlanIT Valley location was selected as our first collaboratory from a list of locations evaluated by Living PlanIT. The key factors in our decision were European leadership in environment and sustainability, and Portugal's demonstration of those principals - Portugal has demonstrated that government policy and action have resulted in significant use of renewable energies and innovative solutions for waste and water treatment. Implementation of the Lisbon Strategy through the Portuguese Technological Plan and other similar innovative strategies made Portugal an obvious choice", said Steve Lewis.

"Cities lie at the absolute core of the world's environmental crisis - they occupy two percent of the Earth's land mass, but consume 75 percent of its resources.

The world must fix the way that cities are built, and the way that they are operated.

Because PlanIT Valley will be constructed on an undeveloped site, all the challenges that arise from existing urban infrastructure constraints will be avoided - the development will be able to deploy today's most advanced systems for energy, resource management, transportation, communications and other essential infrastructure. Further, because PlanIT Valley's residences and facilities are integrated with its educational facilities and R&D programmes, innovations developed there can be tested on an urban scale and evolved within PlanIT Valley for replication elsewhere", added Mr. Lewis.

Speaking, following the selection of Paredes, Mayor Celso Ferreira said: "Hundreds of corporate and thought leaders have visited our municipality to be introduced to and understand PlanIT Valley. In the first few months we were delighted by the number and calibre of these visitors from all over the world showing support to Living PlanIT but this soon became the norm. We are proud to participate and provide the home for this important European project."

Ian Taylor MBE, UK Member of Parliament and former Minister for Science and Technology, who is a key member of this planned intelligent city, explained: "This project will act as a stimulus for the application of advanced technologies. It could transform the way we organise the built environment and deliver advantages for innovation, skills and education. It will show that Portugal can seize opportunities to attract international firms to benefit its economic and employment prospects."

Another partner of the company is Cisco Systems, which said of the venture: "We are collaborating with many industry initiatives, including Living PlanIT, that share a common vision for the role of sustainability and IP in architecting next generation communities."

Further positive comments were made by Dr. Peter van Manen, Managing Director of McLaren Electronic Systems Limited.

"The sheer size and ambition of the endeavour presents us with a unique opportunity for bringing our talent, experience and expertise in realtime data, telemetry, control and simulation systems into the heart of a vibrant urban environment. "Collaboration with Living PlanIT

and other likeminded partners in the valley will allow us to apply our knowledge in entirely new areas, such as intelligent urban transport and mobility systems. This will take us to market, not as a single element, but as part of a truly integrated solution. In so doing, we have the chance to make cities smarter and better places in which to live and work."

The location, according to Living PlanIT was chosen for a number of reasons.

"Portugal offers a high level of education and location of universities in relation to the PlanIT Valley site (five major universities within 90km) with the largest in Portugal - University of Oporto - less than 15km away. In addition, there is a significant emphasis placed on knowledge development to support transition to a knowledge economy", the company says.

Also, "the characteristics of a pool of human capital are at least as important as qualifications alone. Portuguese history and culture have evolved a national ethos that values hard work, collaboration, creativity, entrepreneurialism, multi-cultural and multi-lingual empathy."

Portugal, it adds, is a convenient location with short flight times for Europe and long-haul destinations worldwide.

Earlier this week, New Scientist magazine revealed additional details of the project explaining that PlanIT Valley, much in the fashion of other sustainable cities, will treat its own water, and tap renewable energy. Buildings will also have plant-covered roofs, which will reduce local temperature through evapotranspiration, as well as absorbing rainwater and pollutants.

New Scientist however argues that it is here where the similarities with other eco-cities end. PlanIT Valley will be built

closer to existing transport links than the likes of Masdar City in Abu Dhabi, which welcomed its first visitors this month but should not be fully operational until 2020.

The respected science magazine further says that the city's 'brain' will use data collected from a network of sensors akin to a nervous system to control the city's power generation, water and waste treatment

"It's a kind of 'urban metabolism', Steven Lewis was quoted as telling New Scientist.

"Because we have reduced the cost of building, we can spend a bit more on the technology," added Mr. Lewis.

Software used to design cars and aircraft was used to create the architectural plans while buildings are being pre-fabricated so that when construction begins at the end of this year, it should be cheaper and quicker. The hexagonal shape of the buildings was chosen to make efficient use of space.

The city will also be heavily reliant on sensors and could use weather forecasts to predict when days will be cloudy, which will reduce the amount of energy generated by the city's photovoltaic devices. It would then switch to using stored energy, in the form of ice produced by excess electricity on sunnier days, to provide chilled water for the building's air conditioning systems, for example, New Scientist explains.

An urban data centre will process all the information gathered by the system's sensors - around 5 petabytes each day. To prevent a problem hitting the data centre and knocking out the control of the entire city, each building will also have sufficient computing power to function on its own.

To save on heating bills, the hot air produced by the data centre will be used to heat other buildings.



The planned city of PlanIT Valley in Paredes, near Oporto



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Tolls protest goes ahead without causing disruption



A protest held last Friday in the Algarve to demonstrate the region's opposition to tolls being introduced to the A22/Via do Infante motorway lasted only a couple of minutes and caused none of the disruption that driver's feared would happen.



A motorist takes part in a 'honk your horn' protest on October 8th on the EN 125 against the introduction of toll gates. (Photo: Lusa / Luis Forra)

When news emerged that a slow-drive was to take place on the EN-125 at 'rush hour', when many people use the road to return home after a day at work, it was widely feared that the scenario would be identical to 2004 when the largest protest ever witnessed in the Algarve occurred and traffic crawled to a halt.

However the dreaded disruption never happened; around 20 vehicles took part in the slow drive, causing minor disruption for just a few minutes. It was further hampered by the rain.

When journalists questioned the seemingly poor turnout for the protest, João Vasconcelos, a member of the Commission for

Users of the Via do Infante, which organized the demonstration, refuted it had been a flop saying the protest was just "at the beginning" and that it had been up against several setbacks, such as the short space of time it had been given to organize the action.

"We are just starting. The idea was to set off at 18h00, but we had difficulties in mobilizing the [local] population because we only had eight days in which to organize the demonstration", he said, adding that the low participation could also be explained by the various political followings in the region who "tried to make the protest about parties".

José Manuel Esteves, a participant in the protest from Vila

Real de Santo António, said he joined because in his opinion "the A22 is not technically a motorway".

"This is a road that brings development to the region's economy and with the introduction of tolls the entry of foreigners is going to diminish, particularly the Spanish, and revenue will not be sufficient to compensate that loss", he said.

In 2004 the region's population organised a protest against the introduction of tolls on the A22, which became the biggest demonstration of collective displeasure ever seen in the Algarve until today.

Up-and-coming Brit fires-up film industry with low-budget flick 'made in Portugal'



Carrie-Marie Bratley

A promising young British film producer living in the Algarve has had his first Portuguese production, a short, low-budget movie that he practically single-handedly produced and very largely financed, snapped up by the national distribution arm of Warner Bros; it made its debut on the big screen on Wednesday this week at El Corte Inglés in Lisbon after scooping a prestigious award at the Milan International Film Festival (MIFF).

Earlier this year 25-year-old production graduate Adam Jones, who studied at Lincoln University (UK), created a low-budget short film with Portuguese friends that has since reaped international acclaim.

'Shoot Me' is described as a "very dramatic love triangle" that features three of the biggest names in the Portuguese TV and film industry.

Last month the 15-minute long drama piece was put forward for the Milan International Film Festival, where it won the prestigious 'Audience Award for Best Film 15 - 30 Minutes', in a category which included the Academy Award nominee 'Miracle Fish'.

More recently, over the past two weeks, a "mind-blowing" deal has been brokered with Warner Bros. distributors in Portugal, Columbia TriStar Warner Filmes de Portugal (CTWFP), which distributes movies in Portugal, Spain, Angola, Brazil, Cape Verde and Mozambique.

As of Thursday this week 'Shoot Me' will be shown as a pre-film for the new Ben Affleck movie 'The Town' in over 40 cinemas throughout Portugal. It has also been confirmed that it will be

screened in Angola.

The biggest achievement is that this is the first short film and the first Portuguese film that CTMFP are distributing.

Speaking to **The Portugal News** just hours ahead of the movie's debut on Wednesday night, while en-route from the Algarve to Lisbon, Adam explained how he is still "amazed" at the reaction that the movie has generated.

"I'm still quite amazed about the reaction", he said, adding "We were thrilled to see it on screen at the Milan festival".

'Shoot Me' was written by André Badaló, who is from Fuzeta, Eastern Algarve, and co-written by fellow friend João Raposo.

Mr. Jones was the movie's producer and executive producer.

Shot in two main locations, at Praça da Figueira, in Lisbon, and Quinta do Hespagnol, Torres Vedras, the movie had a budget of "between €16,000 and €17,000, which was mainly spent on post-production", and mostly footed by Mr. Jones.

After reading the script the stars of the film, actress Maria João Bastos and actors Ivo Canelas and Philippe Leroux, agreed to take on the roles for a nominal fee; it was explained "there wasn't much of a budget for the actors".

Regarding Wednesday night's big debut, a pre-screening at El

Corte Inglés, in Lisbon, as well as a showing in Oporto ahead of its mainstream release to the general public in cinemas across Portugal on Thursday (October 14th), he said "I've not accepted it until I actually see it on the screen tonight".

Mr. Jones moved to Portugal after a stint in production and broadcasting in London.

"As producer and executive producer, I mainly funded the film as an attempt to get back into what I love and enjoy, film production", he explained.

Asked whether he expected his first Portuguese production to receive such great acclaim, and indeed whether he ever thought he could make a career in Portugal, Mr. Jones answered: "Not at all".

"When I moved here I didn't really know whether I could have a career in film in Portugal; I only really picked the language up over the past year and a half. I thought that I would probably have to leave [to continue a career in the film industry] and that nothing would come about..."

Mr. Jones is currently in the midst of planning a second production, "a full-length feature that will be shot in the Algarve and is dual-language".

"I don't want to say too much about it at the moment", Mr. Jones told **The Portugal News**, but revealed "It will feature three international actors, from Spain, Mexico and Portugal".

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Thousands gather in Fátima for annual pilgrimage



The Archbishop of São Salvador, Bahia, Brazil, His Eminence Geraldo Majella Cardinal Agnelo, this week presided over the International Anniversary Pilgrimage of October 2010 at the Shrine of Fátima which attracted thousands to the holy site.



One of the faithful prays during the October annual Fátima pilgrimage on 12 October 2010. Most visit especially around the anniversary of the first visit in May but there are smaller pilgrimages on the 12th and 13th of each month. (Photo: Lusa / Paulo Cunha)

The Archbishop of São Salvador was in Fátima at the invitation of the Bishop of Leiria-Fátima.

"I received with a sentiment of gratitude the invitation of Bishop António Marto, entrusting to me the great responsibility of presiding over the International Pilgrimage for this year. It is a pious filial obligation to exalt the Good

Mother of God, Our Lady of Fátima", Cardinal Agnelo was quoted as saying by the Shrine of Fátima press office on Wednesday.

On the Message of Fátima, seven years before the centennial of the Apparitions (2017), the Cardinal said that the celebration of this event, which begins next

month, will be "the time to announce the Peace for which we are called to be messengers, by inviting the world to that conversion often mentioned by Our Lady of Fátima and whose timing is always now".

The October 2010 pilgrimage is being held under the theme: "Be intent on things above".

New EU safety rules for offshore oil drilling

The European Commission is envisaging for the very first time comprehensive EU legislation on oil platforms aimed at ensuring the highest safety standards in the world.

In the Communication on the safety of oil and gas activities,

which was published on Wednesday, the European Commission contemplates new EU standards, including criteria for granting drilling permits, controls of the rigs and safety control mechanisms.

Günther Oettinger, Commissioner for Energy, said: "Safety is

non negotiable. We have to make sure that a disaster similar to the one in the Gulf of Mexico will never happen in European waters. This is why we propose that best practices already existing in Europe will become the standard throughout the European Union."

Amazon UK announces free delivery for orders to Portugal above €28

Amazon.co.uk this week introduced its free delivery service for customers in Portugal.

Millions of items from Amazon.co.uk's stores are eligible for free delivery which is available on all orders over £25 (around €28).

In October 2009, Ireland became the first country outside the UK to benefit from free delivery at Amazon.co.uk.

"Free delivery has been an important part of the great value Amazon shopping experience for many years and we are delighted to announce its availability to even more European customers in time for Christmas," said Brian McBride, Managing Director of Amazon.co.uk Ltd.

"The aim is for European customers to be able to purchase anything they want to buy online at a low price from a vast selection of products. Now, tens of millions of customers in Europe

can also benefit from delivery to their door, absolutely free of charge."

Last year, Amazon.co.uk extended its service to customers across Europe to include a wider selection of products from its stores including Electronics, Home & Garden, Baby, Jewel-

lery & Watches, Clothing & Shoes, Sports & Leisure, Health & Beauty and DIY & Tools.

Previously, customers across Europe could only purchase items from the Books, Music, DVD & Video, Software & Videogames and Toys departments.

Driest September in 22 years

Portugal's ability to break weather records continued last month after it was revealed this week that September was the driest month since 1988.

According to a statement published this week by the Portuguese Met Office, rainfall last month was down 31.5mm from the norm.

The Met Office further ex-

plains that by the end of September, 91 percent of continental Portugal was experiencing a state of slight to moderate drought, with the remainder suffering a severe drought.

Thermometers were also higher than usual, with temperatures between 0.7 and 1.2° Celsius above average.

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Portugal elected to UN Security Council

The United Nations General Assembly on Tuesday elected Portugal to a non-permanent seat on the Security Council, giving Lisbon its third turn on the pivotal world body.

Portugal gained its 2011-2012 seat in the third round of voting with 150 ballots after the withdrawal of Canada, which had disputed the same slot representing the "Western Europe and others" group.

Election to the Security Council requires a vote of two-thirds, or at least 127 ballots.

Germany was elected from the same group on the first round of voting with 128 ballots out of 191.

Ahead of the voting, Lisbon said its priorities, if elected, would be the crisis in Sudan, African security issues, and the climate change threat of rising oceans to poor island nations.

The Foreign Ministry said it had run an "inexpensive campaign", counting primarily on Portuguese diplomacy and dialogue to win support, rather than on "fireworks".

Portugal's previous two-year terms on the Security Council were served in 1979-1980 and 1997-1998.

Other countries elected to the council on Tuesday without facing challenges from within their respective groups were India, South Africa and Colombia.

Of the announcement of Portugal's election to the UN Security Council, President Cavaco Silva said it represents international "recognition" of Lisbon's "firm commitment to the values and objectives" of the world body.

President Cavaco Silva, in a statement welcoming the victory at the UN, said the election

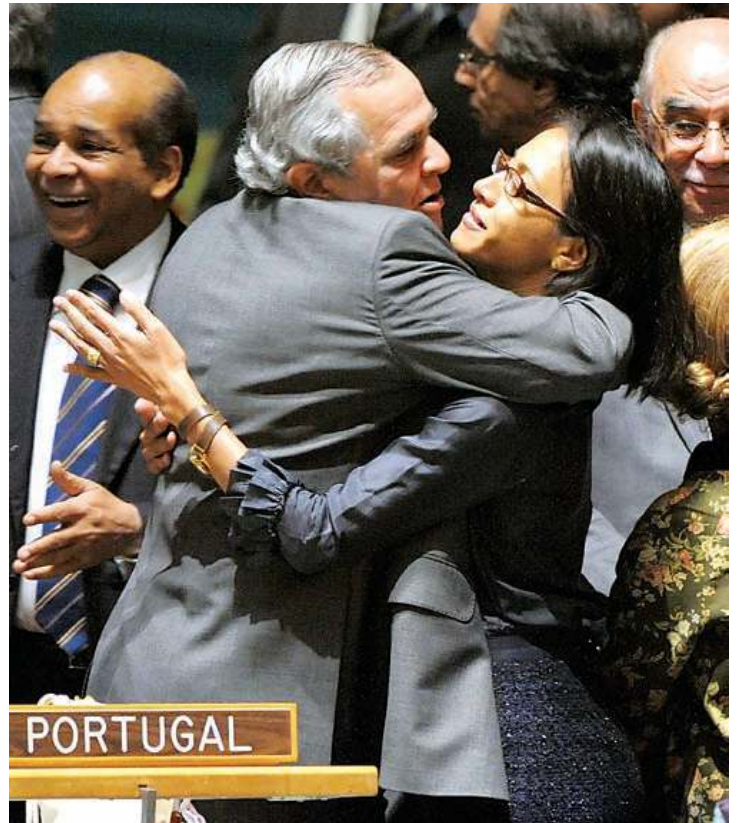
in which Canada was sidelined was a "success" for the Portuguese government and its diplomacy.

Echoing the president's sentiments, State Secretary for Foreign Affairs João Gomes Cravinho described the vote as a "great demonstration of confidence" in Portugal's role on the "international scene".

"We are a country that builds bridges, a country with the capacity to develop dialogue with the most varied parts of the world", Gomes Cravinho added in comments to Lusa News Agency in New York.

European Commission Chairman José Manuel Durão Barroso, a former prime minister of Portugal, sent his congratulations from Brussels to Prime Minister José Sócrates and Foreign Minister Luís Amado.

TPN/Lusa



Minister for Foreign Affairs Luís Amado, (L) hugs a UN member on October 12th, after learning that Canada has withdrawn and Portugal becomes a non-permanent member for a two-year term on the Security Council at United Nations headquarters in New York. (Photo: EPA / Peter Foley)

Tourism improving in Algarve

In comparison to last year tourism in the Algarve this summer registered improvements in terms of nights spent, occupancy and revenue, and achieved "a good performance", according to the regional tourism chief.

The affirmation was made based on figures from the National Statistics Institute (INE) which will be officially made public on Monday by the President of the Regional Tourism Board (ERTA), Nuno Aires, during a seminar in Albufeira.

On Monday Nuno Aires is expected to give a general round-up of the results relating to tourist activity in the region from the months of June, July and August during the seminar which is being organised by the ERTA.

Following the theme 'Algarve: Paths and Opportunities for Tourism Activity' the meeting will also see the participation of State Secretary for Tourism

Bernardo Trindade, and will sum up summer 2010 in the Algarve, Portugal's main tourist destination.

"We can see from the figures released by the INE that, firstly, there has been a growth regarding the number of nights spent [by tourists in the region], occupancy and revenue", revealed the head of the ERTA.

It transpires that some 3.8 million foreign tourists spent a night in officially-classified accommodation in the Algarve this summer, 4.7 percent more than in 2009, and an increase of almost 5.8 percent in the number of Portuguese spending a night in the region, taking the total to around six million visitors, an overall in-

crease of 5.1 percent.

The Algarve Association for Hotels and Tourist Resorts (AHETA) will also supply statistics at the conference which reportedly support the ERTA's announcement that this summer was better than last summer.

National airport management company ANA further lent support to the statistics having registered a rise of 3.6 million passengers processed by Faro Airport between January and August this year.

The INE indicates tourism-generated revenue from this summer was of around €291.8 million, nine percent more than in 2009.

Half of Portuguese men still live with parents

European statistics have shown that half of all Portuguese men aged between 25 and 34 still live in the family home with their parents; more than the rest of their European counterparts.

This was revealed by an official EU 'Eurostat' study based on data relating to 'young adults' in 2008.

It transpires that, according

to Eurostat's figures, in Portugal, 47.6 percent of men aged between 25 and 39 and 34.9 percent of women in the same age group still live at home with their parents.

These are the highest figures of the EU. Of the 27 State-members, on average, only 19.6 percent of women and 32 percent of men within that age range still

live with their parents.

Regarding young adults aged between 18 and 24, around eight in every ten women (82.8 percent) and nine in every ten men (91.6 percent) in Portugal still live with their parents, these figures also being higher percentages than the EU average, which is 71 and 81.5 percent for men and women, respectively.

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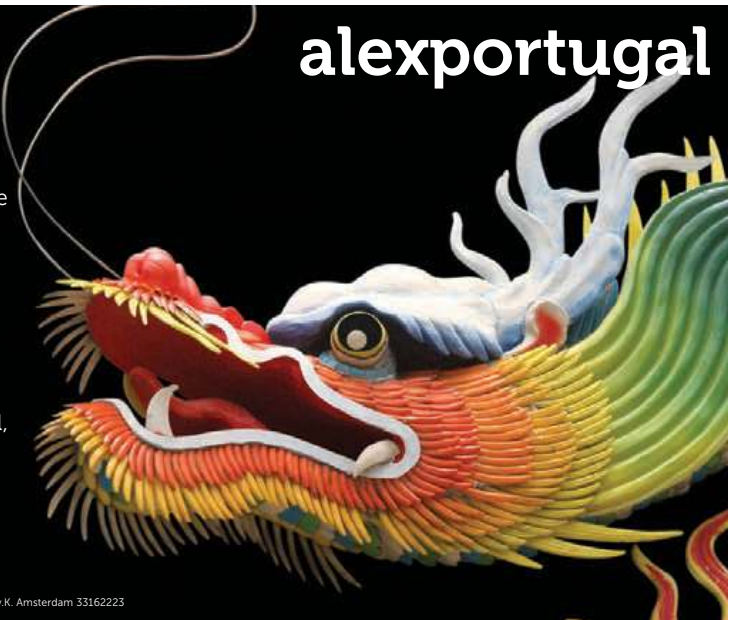
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TAP and Continental initiate code-sharing operations

On Monday this week Portuguese national carrier TAP and American Continental Airlines, part of United Continental Holdings, Inc, initiated a code-sharing deal that will allow each airline to put their code on the other's flights and broaden the range of destinations to which they offer travel.



An A-319 Airbus from the TAP Air Portugal fleet flies over Lisbon in June 2009. (Photo: Lusa / João Relvas)

As of this week TAP is allowed to attach its 'TP' code to several of Continental's flights to 20 destinations in the USA and Mexico, operated from the airline's New York / Newark hub, as well as to the daily transatlantic Lisbon/NY - Newark route.

Equally, Continental will be able to put its 'CO' code on seven of TAP's weekly flights between New York / Newark and the Portuguese capital, as well as on selected domestic flights from Lisbon to Faro, Madeira and Oporto.

TAP's American counterpart will also be able to code-share flights to European destinations such as Spain, Germany, France and the UK as well as to Africa, to destinations including Praia and Sal (Cape Verde) and São Tomé.

Both airlines are members of Star Alliance.

Should government approval be given, the code-sharing could be further extended to TAP flights to Morocco, Guinea-Bissau, Angola and Mozambique.

"This agreement represents another significant step forward in extending the options of services offered to our clients, via the reinforcement in cooperation with our partners, within the realm of Star Alliance or at a code-sharing level", said Manoel

Torres, Executive-administrator of TAP.

He added, "Amongst the additional benefits the highlight is the possibility for TAP passengers now being able to arrange new flight options via the extensive Continental network and the number of destinations it covers in the USA and Central America".

"This code-share agreement will improve access for Continental customers to several important destinations in Portugal, Europe and Africa, as well as increase their transatlantic travel

options," said Jim Compton, executive vice president of United Continental Holdings. "Continental is delighted to partner with TAP and to further capitalize on the tremendous opportunities offered by its Star Alliance membership."

As both TAP and Continental are part of Star Alliance, members of the airlines' 'frequent flyer' programmes (TAP's 'Victoria' and Continental's 'OnePass') can collect air-miles from both systems as well as enjoying the same perks.

TAP cancelled half its flights to Paris due to strike

Portuguese airline TAP was this past Tuesday forced to cancel half its scheduled flights to Paris on the French authorities' request due to a general strike in France, TAP PR representative André Soares told Lusa News Agency.

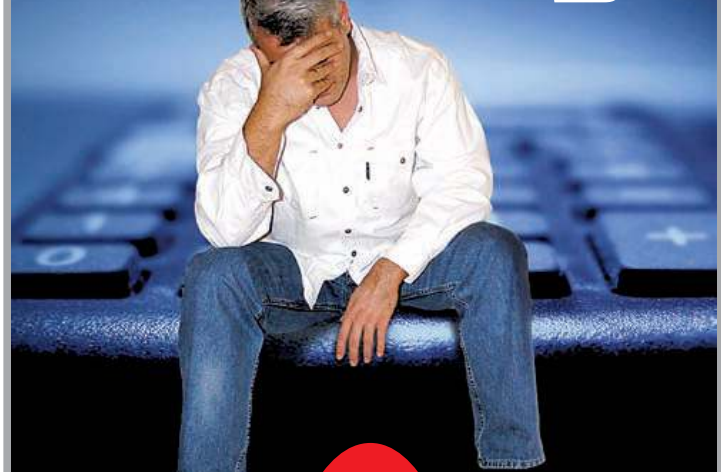
"[The cancellation] of around 50% of TAP flights included five roundtrip flights, but only to and from Orly Air-

port, near Paris", Mr. Soares said.

Passengers who had previously purchased tickets were not affected since TAP "increased the flights' capacity", Mr. Soares explained.

Several French labour unions called a national general strike on Tuesday, contesting a new government proposal to reform France's retirement laws.

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Portuguese have 196 'friends' on social networking sites



Divided between sites such as Facebook, Hi5 and Twitter, the average Portuguese boasts 196 'friends'. This total allows Portugal to be placed fourth out of a list of 17 European countries. Overall, 48 countries and 50,000 people were questioned in this ground-breaking survey conducted by British custom research company TNS.

Portuguese are only topped by Norwegians (with an average of 216 friends), Polish (201 friends) and Greeks (198 friends).

When taking into consideration users who are aged between 16 and 20, Portugal climbs to second in the rankings, teenagers within this particular group enjoying the company of 325 'friends'.

Well ahead of Portugal in this particular group are the Greeks, who have 439 friends.

Research further indicates that Portuguese spend an average of 13 hours a week online, with 64 percent of respondents saying their most important activity whilst logged on was checking e-mail, with the second most relevant past-time being accessing social networking sites.

According to TNS, this is the largest ever global research project into people's online activities and behaviour.

Covering nearly 90 percent of the world's online population through 50,000 interviews with consumers in 46 countries, the study reveals major changes in the world's online behaviour.

Core data from the study is

being made publicly available via an interactive website - www.discoverdigitalife.com

"This study covers more than twice as many markets as any other research," said TNS Chief Development Officer Matthew Froggatt in a statement published this week.

"It is the first truly global research into online activities, including all the key emerging markets of the BRICs (Brazil, Russia, India, China) and many of the 'Next 112'. We have also researched beyond basic behaviour to provide more detailed data into attitudes and emotional drivers of that behaviour."

Activities such as blogging and social networking are gaining momentum at huge speed in rapid growth markets. The research shows four out of five online users in China (88%) and over half of those in Brazil (51%) have written their own blog or forum entry, compared to only 32% in the US.

Growth in social networking has also been fuelled by the transition from PC to mobile. Mobile users spend on average 3.1 hours per week on social networking sites compared to just 2.2 hours on email.

The drive to mobile is driven by the increased need for instant gratification and the ability of social networks to offer multiple messaging formats, including the instant message or update function. When looking at how the digital landscape will change in the future, research shows that consumers expect their use of social networking on mobiles to increase more than use through a PC.

One further finding of the study showed that online consumers are, on average, spending more time on social networking sites such as Facebook and LinkedIn than on email, despite the former only becoming mainstream in many markets over the last few years.

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Democrat woes hurting Portuguese-American candidates in US midterms



Portuguese-American Democratic Party candidates to the November 2 midterm elections may be at risk of losing their seats according to recent polls showing that Republicans are set for large gains both in the Senate and the House of Representatives.

Portuguese-American congressmen Dennis Cardoza (D-Cal) and Jim Costa (D-Cal) are still ahead in polls, but the economic crisis and the Tea Party surge may imperil their re-election.

"There are some people in the Democratic Party who voters dislike", Mr. Cardoza was

quoted as telling the 'Merced Sunstar' newspaper.

Other Portuguese-American congressmen should have an easier path to re-election.

Congressman Devin Nunes (R-Cal) will run unopposed for a fifth term.

In Pennsylvania, polls show

Portuguese-American former Republican congressman Pat Toomey ahead of Democrat Joe Sestak in his bid for a Senate seat.

Portuguese-American candidates are also involved in state office races in the states of California, New Jersey, Massachusetts and Pennsylvania.

TPN/Lusa

Police in Europe accused of targeting minorities



The European Union Agency for Fundamental Rights (FRA) this week published the first results from the first ever EU-wide survey on police stops of minorities.

The findings in this study show that minorities who perceive they are stopped because of their ethnic background have a lower level of trust in the police. The results from the FRA's survey are launched together with the FRA Guide on discriminatory ethnic profiling.

FRA Director Morten Kjaerum: "Evidence shows that in a number of EU Member States a person belonging to a minority is more likely to be stopped by the police than a person belonging to the majority population."

The FRA explained in its statement that when a decision to stop an individual is motivated solely or mainly by virtue of a person's race, ethnicity or religion, this constitutes discriminatory ethnic profiling. Such practices can serve to alienate certain communities in the EU, and in turn can contribute to inefficient policing. The FRA interviewed 23,500 people from an ethnic minority and immigrant background about their experiences of police stops,

and in ten Member States the majority population was also interviewed to be able to compare findings.

Looking at the results as a whole, minority respondents were stopped more often by the police than majority respondents; for example on public transport or on the street.

Some minority groups are particularly heavily policed. For example in Greece, Roma respondents who said they were stopped by the police experienced on average 6 police stops in a 12 month period, while majority population respondents experienced on average 2 stops in the same period.

Minority respondents were more likely to be asked for their identity papers. For example, in Italy, 90% of Northern Africans who were stopped were asked for identity papers in comparison with 48% of majority respondents.

Of the 27 EU Member States, the UK is the only one that systematically collects and publishes police data on stops, which includes information on the ethnicity of those stopped. Thanks to this data, the police and local communities are informed about the situation on the ground and can identify policing practices that may be discriminatory.



US President Barack Obama departs from the White House to travel to Miami, FL, Washington, DC on October 11th. (Photo: EPA/Dennis Brack)

Police bust Brazilian drugs ring, seize two tons of cocaine

Portuguese police have seized about two tons of cocaine and arrested five Brazilians suspected of belonging to an international drugs network, authorities said Monday.

The operation, involving police raids, in the northern port city of Leixões and Montijo, across the Tagus River from Lisbon, is the biggest drugs bust in recent years. The Judiciary Police (PJ) said


in a statement the five Brazilian men, aged 21 to 49, identified themselves as businessmen and one as a police officer.

The PJ said they seized 1,736 kilograms of cocaine hidden in

blocks of industrial plaster that had been shipped from Brazil in 10 containers. Also seized were two vehicles, about €30,000 in currency, several cell phones and various documents.

Dubbed 'White Cloud', the operation resulted from six months of investigations, involving both Portuguese and Brazilian authorities, the PJ said.

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Price set for egg and sperm donations

Fixed prices were this week announced for the donation of eggs and sperm to "protect" an industry that was described at a conference as "brutal".

The National Committee for Medically Assisted Procreation (PMA) recently proposed a limit of €628 per donated egg and €42

per donated batch of sperm, respectively, and there are already clinics putting the prices into practice.

Different "compensatory prices" were proposed by the PMA based on the different types of "upset" caused by the interventions.

According to the recommendations of the Committee, financial rewards for the donations should be based on the Social Support Index (IAS), which is currently €419.22.

The PMA suggested that the donation of an egg is worth "one and a half times" the IAS (€628),

and that a sperm donation is worth a tenth of the IAS, or €41.92.

A clinic currently applying the prices suggested by the PMA is the Ava Clinic, Lisbon, though on the clinic's website it explains "donors receive compensation for the trips [to the clinic] and for

the inconvenience of the procedure, not for the donated eggs".

Speaking during the 4th Portuguese Congress for Reproductive medicine Ana Sousa Ramos, a biologist and embryologist who works at the Ava Clinic refuted the idea that some donors only give away their eggs for money but recognized that the fixing of a 'ceiling' would "bring an end to competition".

Within that context, she stressed that "the social and economic conditions of the donors are not poor, contrary to what is normally assumed".

Following Ana Sousa Ramos, lawyer Vera Lúcia Raposo, of Coimbra University's Biomedical Rights department, who looked into the "less pretty" side of medically assisted reproduction.

The specialist underlined

how, legally, eggs and sperm are classified as "things" and they are "things that make a lot of money".

"We are looking at a brutal industry. This is a business", she said, defending the commercialization of the 'genetic material' by claiming "only this way is there any real protection".

Despite taking a controversial position on the topic, which did not pass unnoted by some, Ana Lúcia Raposo warned of some of the risks that the 'commerce' could unravel.

"Those who pay want to choose and who would choose the hunchback of Notre Dame when they can have Brad Pitt", she said, warning of the "real dangers" of "first and second class eggs and sperm", as well as there being "first and second class donors".



An awareness campaign using empty pushchairs, which took place outside Parliament in 2008 designed to draw attention to the problems faced by infertile couples. (Photo: Lusa / Mário Cruz)

Unemployment rate drops to 10.7% in August – OECD

Portugal's unemployment rate dropped by 0.1 percentage points to 10.7% in August, according to the Organisation for Economic Cooperation and Development (OECD) figures released this week.

Despite the improvement, the August figures were still 0.5 percentage points above the OECD's August 2009 unemployment rate of 9.2%.

It was the second consecutive monthly drop in the Portuguese unemployment rate as measured by the OECD, after hitting a record-high 11% in May and June.

Historically, seasonal factors

push the unemployment rate downwards during the summer months.

Portugal's rate was the fifth highest among the 24 OECD countries surveyed.

Unemployment was highest in Spain (20.5%), followed by Slovakia (14.6%) and Ireland (13.9%). The EU average for the first six months of the year was 9.6%. TPN/Lusa

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Strike will change nothing, says Finance Minister



The Portuguese Government will not back down from its austerity measures despite a general strike called for November 24, Finance Minister Fernando Teixeira dos Santos has said.

"I believe there is no need to be agitated about the general strike. Trade unions have called it, they have a right to do so, but that won't change the government's mind about what needs to be done", Teixeira dos Santos said in a press conference.

The minister added that "the country's financing capacity is at stake" and that fiscal consolidation will be "harsh and demanding" but it needs to be done, or "the nation's situation would be much worse than people imagine".

Labour confederations CGTP and UGT, in a near-unprecedented move, called a joint general strike for November 24 protesting a package of government austerity measures aimed at reducing the country's deficit.

Among the measures advanced by the government are tax increases and wage cuts for civil servants.

Teixeira dos Santos also said that the government's macroeconomic forecasts in its 2011 budget will be "prudent", and that he expects the austerity

measures to "naturally have an impact" on economic growth.

"In 2011, Portugal's growth will be lower than in 2010, both due to the tenuous recovery in the global economy – especially in [Portugal's] main trading partners – and to the impact of the additional fiscal restraint measures", the minister said.

Teixeira dos Santos further estimated that a round of wage cuts up to 10% will result in a €1 billion decrease in public spending for 2011.

TPN/Lusa

Telecom regulator spends 150,000 on birthday bash

Brendan de Beer

Despite the widespread belt-tightening and austerity measures being imposed on Portuguese taxpayers, revelations that the national telecommunications watchdog spent €150,000 on a dinner has been met with anger and disbelief.

News of the extravagance of a public entity whose primary function is to look after the public interest, was made public following a posting on the www.base.gov.pt website, where spending of state-run institutions is posted.

The expenditure listed refers to a dinner held to commemorate the National Communications Authority's (ANACOM) 20 anniversary.

On the site, a number of items are referred to which add to a total close to 150,000.

Upon the emergence of these figures, the main opposition Socialist Democratic Party (PSD) decided to hand in a parliamentary requisition demanding to know whether the Prime Minister was forewarned of these expenses and whether he intends taking any action, if at all, against

ANACOM over behaviour which has been termed as "unacceptable".

According to Government accounts, ANACOM used €60,476 for the organisation, catering and entertainment at its anniversary dinner. A further €73,063 was spent on the hiring, setting up and decoration of tents.

An additional €12,000 was approved for the payment of invitations.

Further to the dinner, ANACOM has also spent €183,935 since last year on its rebranding, which included the purchase of diaries, the production of a "humorous video", mouse-pads and pen-drives.

The PSD has further demanded to know what measures José Sócrates is planning on taking against the watchdog and what he intends doing to end "this

type of spending by companies or institutions directly answerable to the Government".

Speaking to reporters, MP and PSD deputy chairman Luís Menezes termed ANACOM's behaviour and expenditure at the dinner as "obscene".

He explained that the apparent lavishness of the regulator is not a question of "legality", but rather one of "morality".

The PSD, which has voiced its opposition to the Government's proposed tax hikes, believes the taxpayer is better served in looking for ways to save money and cut expenses than being asked to fork out more money to assist in reigning in the country's burgeoning budget deficit.

As a result, the PSD have launched a site (www.cortar-despesas.com) in which it asks for suggestions and ideas from taxpayers on where and how to cut spending.

The site is mainly focussed at being a voice against the so-called 'Sócrates Plan' and has already attracted close to 90,000 visits while it boasts over 4,000 Facebook fans.

While the Government has remained silent to date on the PSD's claims, ANACOM this week reacted by explaining that its financing does not depend on the budget.

"On the contrary, ANACOM has been making financial contributions to the state, usually by amounts which equate to 85% of the authority's net profits".

ANACOM says state coffers have been boosted by around 72.5 million euros over the past five years.

The authority further explained that the anniversary dinner it staged last year complied with all legalities and can therefore not be accused of any wrongdoing.



CTT workers meet in front of the Finance Ministry on the day of a general strike in April 2010. (Photo: Lusa / José Sena Goulão)

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Portugal says South Africa key to firming up positions in Angola, Mozambique



The Portuguese and Brazilian Ministers of Defence, Augusto Santos Silva and Nelson Jobim (L), the Portuguese Defence Secretary of State, Marcos Perestrelo and the President of AICEP, Basílio Horta (R), speak after signing a letter of intention about the Portuguese participation in the Embraer Cargo Aircraft KC-390 project, the plane that is being developed to replace the C-130 aircraft that are currently used by the Portuguese and Brazilian Air Forces, at Forte de São Julião da Barra, Oeiras, Portugal, 10 september 2010. (Photo: José Sena Goulão / Lusa)

The head of Lisbon's trade and investment promotion agency AICEP, Basílio Horta, has warned that Portuguese companies could lose ground in traditional Angolan and Mozambican markets if they sideline opportunities in South Africa.

"Portugal has great interests to defend in sub-Saharan Africa and as such it cannot ignore South Africa, a great regional power with privileged relations with Angola and Mozambique", Mr. Horta told Lusa News Agency in Johannesburg late last week.

Speaking on the sidelines of Portuguese-South African business forum, he noted that South Africa had recently re-launched its ties with Angola, a dynamic the Portuguese "must accompany".

Mr. Horta said the bilateral forum, which began last Wednesday, allowed Portuguese firms to showcase competitive capacities in many sectors of interest to South Africa, among which re-

newable energy, agro-industries, road construction, telecommunications, environment, and financial services.

He said AICEP had signed a memorandum of understanding for cooperation with South Africa's biggest investment promotion agency, the Gauteng Development Agency. Though still

small, Mr. Horta pointed to growing Portuguese exports to South Africa as a positive sign of future opportunities.

In the seven months through to July, Portuguese exports to the country grew 40 percent to €43 million in contrast to a total of €52 million during all of last year, he said. *TPN/Lusa*

Business delegation makes debut visit to Tehran trade fair

A delegation of ten small and medium Portuguese companies paid a "visit of curiosity" to Iran's major trade fair this past week, looking for business opportunities and eventual partners, a trip organisers said.

Nader Haghighi, of the Portugal-Iran Business Council, told Lusa News Agency the maiden Portuguese mission to Tehran's international trade fair also met with representatives of the Iranian Chamber of Commerce, Industry

and Mines during the October 7-10 visit.

Mr. Haghighi described the four-day mission, backed by the Portuguese Industrial Association (AIP), as a "visit of curiosity" to "promote bilateral contacts" for the first time between Portuguese and Iranian businesses.

"During a first visit there's little probability that an accord will be signed, but the first contact is very important", he added. *TPN/Lusa*

Investing in upcoming markets popular

India or China? The economy in China and India grows faster than in other parts of the world. That is why a lot of people decide to invest in these countries.

Dutch stock broker Alex Vermogensbank offers clients the possibility to invest in India or China via their online system. Kaspar Huijsman, director of Alex Spanje & Portugal, explains during a special seminar "Nubeleggen in India of China" the possibilities at the Asian financial market. This seminar will be in Dutch and takes place the 26th of October at Hotel Vila Sol in Vilamoura from 15.30 – 17.00hrs. The time has long gone that investors only focus on European and

American markets. The last years the economies of India and China are booming and even private investors are investing their money on the Asian markets. "Lately more and more clients are asking me about these upcoming markets. And my answer is the same as always: everybody can invest but you do have to know what you are doing" says Huijsman. One of the topics he will talk about during the seminar is how to get the correct information in order to make the right choices. In Europe this is relatively easy because through experience you know which media to trust and you might even personally have seen the building or products of the company you

have invested in. "With respect to the Asia market one could say that everybody is telling you to invest, and I feel you should too. But nobody gives practical information about how to proceed. Even in Europe you can't always easily find all the information you need, in countries so far away that is even more complicated" according to Kaspar. At the seminar you will get sufficient information to decide whether investing in the Asian stock market fits in your personal strategy or not.

The seminar is free, you can subscribe at www.alexportugal.nl, by email: info@alexportugal.nl or calling or products of the company you

Taxation of pensions in Portugal

Part n°2 - Public Pensions: Allowances & Assessment by **Dennis Swing Greene**

This is the 2nd of a 5-part series on assessment of Private, Social Security and Public Pensions in Portugal

Doubling up on Allowances - One obvious benefit with source assessment of these types of pensions is the separation of taxation from other pensions taxed only in the country of Residence. The net effect is often a "doubling" of allowances, first available in the home jurisdiction for the civil service pension and then a second relief is granted on other pensions taxable in the residence state.

For example, John Smith, a UK national, received an "Old Age" Pension (Social Security) of €9,000 as well as a Military Pension of €6,000. Before moving to Portugal, he paid ±€2,600 in tax on the total income of €15,000, deducted directly at source from his military stipend (PAYE). When he moves to Portugal, the assessment of the pensions is now split between the two jurisdictions. As a result, his personal allowance eliminates his UK assessment while his Portuguese pension allowance plus personal tax credits wipe out any Portuguese taxation, leaving him with

the extra €2,600 as additional disposable income rather than taxes withheld at source.

Aggregation

While your government pension may not be taxed in Portugal, it still needs to be reported. There are several reasons for this obligation. First and foremost, while not assessed directly, it is still used to calculate your tax rate.

For example, Jim Jones has 3 pensions from different sources:

Military	€ 8,000
Social Security	€ 7,000
Occupational	€ 15,000
Total	€ 30,000

While he is assessed on only €22,000 in Portugal (the €8,000 Army Pension is exclusively taxable by treaty in the UK), the full €30,000 is used to calculate the tax rate in Portugal, pushing him into a higher tax bracket. While at first glance this may seem unfair, it affords identical overall tax treatment to what would have happened had Mr. Jones remained in the UK, thereby maintaining a level playing field.

A quite different reason to declare has to do with your "IRS" Tax Return. Beyond reporting and settling any assessable income to *Finanças*, your tax dec-

laration is also used as proof of income in a variety of circumstances. For example, if you want to buy a house and need a mortgage, you must submit your Portuguese "IRS" declaration as part of the required personal information. If the declaration were not shared, it would only hurt your chances of being approved for the loan.

Finally, like so many other concerns dealing with taxation, your reporting is strictly a matter of law, not personal preferences. If you elect to neglect this income on your declaration, you should be prepared to accept any consequences if the facts eventually reach the light of day.

Next: Part n°3 - Social Security Pensions: Comprehensive Rules

Dennis Swing Greene is Chairman and International Fiscal Consultant for **euroFINESCO s.a.** Private consultations can be scheduled in *Guia (Albufeira)* 289561333, *Lisbon (Chiado)* 21342421 and in *Funchal (Sé)*, *Madeira* 291221095, by email at info@eurofinesco.com or on the internet at www.eurofinesco.com.



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Bank of Portugal ups 2010 growth, forecasts stagnation for 2011



The Bank of Portugal has revised its economic growth forecast for this year up to a figure of 1.2 percent, an increase of 0.3 percent on earlier estimates. These projections follow a report by the International Monetary Fund (IMF) in which it predicts a state of recession for Portugal.

The central bank's Autumn Economic Bulletin explained the rise from its earlier projection of 0.9 percent growth for 2010 to a greater than expected increase in domestic demand and exports.

It also forecast a flat, no-growth scenario for next year.

The bank said its latest forecasts did not take into account the government's latest austerity policies that were announced on September 29 with in the framework of its proposed belt-tightening budget for 2011.

The IMF had last week also forecast stagnation for 2011, but changed its estimates to predict economic contraction after it had taken into account the government's string of austerity measures.

The Fund said that the Portuguese economy should contract by 1.4 percent next year, predicting only Greece would record worse economic results in 2011.

In its 238-page World Economic Outlook unveiled on Wednesday by the Fund's chief economist Olivier Blanchard, the IMF expects Portugal to record negative growth once

more, blaming the measures to contain the country's spiralling budget deficit.

Despite announcing a host of cutbacks for 2011, Prime Minister José Sócrates and his cabinet are still anticipating growth of 0.5 percent for next year.

The IMF, while still predicting gloom for Greece, says Ireland and Spain will recover in 2011, with respective growth figures of 2.3 and 0.7 percent.

Greece will have recovered from its near economic disaster by 2015, with a growth figure of 2.7 percent, more than double that anticipated for Portugal for that year.

Amongst measures contained in the proposed budget are that VAT will be pushed up from 21% to 23%, though this increase will only come into force next year.

Spending cuts affecting civil servants will see wage freezes for all workers earning under €1,500 month.

High earning civil servants, including the Prime Minister, will be forced to take pay cuts from 3.5 percent for those who are paid between €1,500 and



The Finance Minister Fernando Teixeira dos Santos (left) accompanied by the Bank of Portugal Governor, Carlos Costa (right) during the closing of the XX Lisbon Meeting between delegations of the Central Banks of Portuguese speaking countries at the Annual Meeting of the FMI/BM, at the CCB in Belém on October 4th, 2010. (Photo: MIGUEL A. LOPES/LUSA)

EC outlines vision for taxing the financial sector

The European Commission has set out its ideas for the future taxation of the financial sector.

Working on the basis that the financial sector needs to make a

fair contribution to public finances, and that governments urgently need new sources of revenue in the current economic climate, the Commission puts forward

two a two pronged approach.

At global level, the Commission supports the idea of a Financial Transactions Tax (FTT), which could help fund international challenges such as development or climate change.

At EU level, the Commission recommends that a Financial Activities Tax (FAT) would be the preferable option.

If carefully designed and implemented, an EU FAT could generate significant revenues and help to ensure greater stability of financial markets, without posing undue risk to EU competitiveness.

The Commission will present these ideas to the European Council at the end of October and to the G20 Summit in November.

Algirdas Šemeta, Commissioner for Taxation, Customs, Anti-fraud and Audit, said: "There are good reasons for taxing the financial sector, and feasible ways to do so. I believe that the ideas that the Commission has put forward today are the right ones to ensure that the financial sector makes a fair contribution to the most pressing EU and global challenges."



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From Coffee to Cognac...

New to Messines - Avenida Sol Bistro

They say as one door closes, another door opens and that's exactly what Avenida Sol have decided to do at their new Coffee Shop. Avenida Sol is a Pastelaria by day and a bistro by night.

Their vision is to create a unique place in the centre of Messines, where you can relax, have a drink and eat great food well within your budget. Their menu will delight you

and caters for all tastes from seafood specialities, succulent lamb dishes, typical fare from the region and inspired vegetarian cuisine.

They are open every evening from 7pm (except Sundays) and will be happy to reserve a table for you. Telephone Vicky or Fernando on: 282 339 258.

Avenida Sol takes you to a new level.



Classy and seductive shop

Requite & Sedução opened its first shop on 24th of October 2009 at Centro Comercial Doza in Almancil.

Having had some success with clothing and accessories for women primarily national brands, super trendy, high quality and at extremely affordable prices, they decided to stock several new brands. Among them Korps, Ask 78, Ferrache, Sacage and Rosalita McGee, all valued for their uniqueness and quality.

This past summer Requite & Sedução presented their customers with bikinis from Portuguese brand Ekena Bay admired for their beauty and striking originality.

In order to get more visibility they felt the need to move premises to a more prominent location, so Requite & Sedução can now be found at Avenida 5 de Outubro, Nº 178 in Almancil.

The new shop, in addition to being in a better location, has also more interior space.

There they can stock a greater

variety of garments, and have broadened their business to offer a men's collection. They are already thinking of a lot of new items for Christmas that will be presented to their customers at their first anniversary party on Saturday, October 30th from 10am. They are also thinking about more daring projects with added glamour to which they are pleased to welcome everyone who loves fashion.

Their first event took place on August 1st at Praia da Falesia where they staged a fashion show and with their presence the beach glittered even more!

In addition to clothing, shoes and accessories they also have makeup and handmade gifts produced by owner Rute Policarpo - unique gift solutions which are in stock or can be ordered to your exact requirements.

Requite & Sedução slogan is 'Dress, to impress at affordable prices'.

Visit Requite & Sedução you will not regret it!



One of the beds, showing ample storage space

Best beds

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All shapes, sizes and special measurements are available.

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and memory foam pillows, like the mattresses, offering such a good support to your neck and head, which makes a really big difference if you suffer from migraines, headaches and posture problems.

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They are already renowned for their mixed grill of fish every Sat-

urday, served both at lunchtime and in the evening.

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To be included on this page, send details of your new business or product in up to 250 words plus a photograph (optional) to copy@theportugallnews.com

Does your home really suit your physical needs, now and in the future?

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ing to our home environments rather than making our homes adapt to us.

When we decide our home needs renovating, even then we don't take into account our ageing requirements, this aspect is still ignored by most homeowners, architects and developers.

When a baby is on the way, we adapt our homes, removing potential dangers. When new technology such as sound and vision arrives, many adapt a part of their home for this experience, but as we grow older, most of us do nothing to improve our home comfort.

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A walk-in bath

Pure Clean

Pure Clean is a new environmentally friendly window cleaning system. It's not easy keeping windows clean in the Algarve. Not only do we have unusual weather conditions to contend with, dust from the Sahara, salty sea air and seagull droppings but quite often windows are inaccessible or difficult to clean other than by hiring a cherry picker, scaffold or finding someone brave enough to climb a very tall ladder.

These problems are now a thing of the past. PURE CLEAN is a family business run by two brothers Carl and Mark, who have invested in specialist equipment from the UK, which can reach heights of up to 15 metres.

Their system uses no chemicals and produces pure filtered water which guarantees a crystal clear finish, unlike traditional methods which can leave annoying white marks.

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Portugal praises Chinese Nobel Prize winner

"[The award] reflects the importance given by the Norwegian committee to human rights and basic freedoms on a universal scale, and those values and principles are written into the Portuguese Constitution", Paula Mascarenhas said.

Portuguese President Cavaco Silva meanwhile told reporters that Liu's choice was a way of "drawing attention to the importance of human rights to achieve peace".

The President declined to make further comment, arguing that he has "very little information on the issue" and that "in all foreign matters there must be a degree of co-ordination between the presidency and the government".

Meanwhile, Portuguese members of the European Parliament from several political areas congratulated the Chinese dissident, praising his "commitment to human rights".

PSD (Social Democrats, center-right) MEP Mário David told Lusa News Agency that the Nobel Committee "made a courageous choice" in Liu, as "there were many pressures for choosing differently". David noted Liu's "commitment to democracy and human rights".

CDS (Christian Democrats) MEP Nuno Melo believes the award to Liu shows "the primacy of values that are fundamental in Western civilisation": "This prize shows that, in certain areas, [the West] isn't willing to give in despite the growing importance of economic issues."

Left Bloc MEP Miguel Portas said that the award is "positive" and that it will "draw attention to human rights issues in China".

Former Portuguese President and UN High Representative for the Alliance of Civilizations Jorge Sampaio said Liu's award "recognizes the struggle for human rights" and Liu's "courage and personal sacrifice".

Communist Party parliamentary whip Bernardino Soares declined to speak about the Nobel Laureate: "We will comment on that issue at the appropriate time."

Liu, a writer and political activist, was arrested in 2008 for "subversive activities". He was awarded the 2010 Nobel Peace Prize for his "long non-violent struggle for fundamental rights in China".

The Chinese government has reacted angrily to the award, warning that it will damage the relationship between China and Norway.

Further opposition came from Portugal's Chinese League, who termed the award "meaningless" and "biased".

"We see a political intent and a clear goal to set the world against China", Chinese League President Y Ping Chow said.

The Nobel Committee's decision was "terrible" as the award was given to "a man who merely criticizes the Chinese government" and who is under arrest "for breaking the country's laws", Y Ping Chow said.

TPN/Lusa



Awarding Chinese dissident Liu Xiaobo the Nobel Peace Prize is a reflection of the Norwegian Nobel Committee's dedication to "human rights and basic freedoms", Portuguese Foreign Ministry spokeswoman Paula Mascarenhas said shortly after news of the award became official.



Legislators and activists Albert Ho (2nd left) and Emily Lau of the China Human Rights Lawyers Concern Group (CHRLCG) with other members taking part in a protest demanding the Chinese government's release of Nobel Peace Prize 2010 Laureate Liu Xiaobo in Hong Kong on October 11th. (Photo:Lusa/ EPA Ym Yik)



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EU “deeply regrets” appointment of suspected “drug kingpin” to lead Bissau Navy, Portugal silent



Admiral José Américo Bubo Na Tchuto, one of the leaders of the military coup d'état on April 1 in Guinea-Bissau on 01 April 2010. (Photo: EPA / Moussa Balde)

European Union High Representative for Foreign Affairs Catherine Ashton has this week expressed her “deep regrets” at the appointment of suspected “drug kingpin” José Américo Bubo Na Tchuto as Guinea-Bissau’s Navy chief of staff. Portugal, meanwhile, has said it is “willing to continue to support” Bissau, while opting not to comment on Bubo Na Tchuto’s appointment.

“The High Representative deeply regrets the appointment of Rear Admiral Bubo Na Tchuto”, Commissioner Ashton’s spokesman wrote in a press statement. “Mr. Bubo Na Tchuto played a destabilising role in the aftermath of the April 1 mutiny and is under sanctions by international partners for alleged links to illicit activities.”

Bubo Na Tchuto was accused by the US Treasury Department of being involved in drug trading. Another high ranking Guinean official, former Air Force General Ibraima Papa Camara, was also described by Washington as a “drug kingpin”.

Washington has enforced sanctions against both Na Tchuto and Camara, freezing their US assets and banning US citizens from having any dealings with them. Both Na Tchuto and Camara deny the charges.

“This decision constitutes a further setback to good governance in Guinea-Bissau, shows a further militarisation of politics in the country, and could entail negative consequences in the

country’s relationship with the EU,” Ashton’s spokesman declared.

Bubo Na Tchuto was Navy Chief of Staff until August 2008, when he fled the country and went into exile in Gambia after being charged with plotting a coup.

He returned to Bissau and took refuge at the UN diplomatic compound last December. Na Tchuto was allegedly involved in the April 1 military uprising that ousted and arrested Armed Forces Chief of Staff Adm. José Zamora Induta, led by General António Indjai.

Major donors, including the European Union, suspended aid to Bissau’s plans to reform its chronically restless defence and security forces following the April uprising.

In a move roundly decried by the international community, President Malam Bacai Sanhá appointed Indjai as the new Armed Forces Chief of Staff in June.

Last week, he also appointed Na Tchuto to head the Navy, Maj. Gen. Mamadú Turé to be Indjai’s

deputy and ex-Navy chief Commodore Estêvão Namena as General Inspector of defence forces.

Following the news, Portugal said it would maintain its bilateral support to Guinea-Bissau despite the controversial appointment, Portuguese ambassador to Bissau António Ricoca Freire told Lusa.

Ricoca Freire spoke to Lusa on Saturday, after meeting Guinean Prime Minister Carlos Gomes Júnior, and after the European Union made its position public.

“I’m currently not authorised [to comment], and I don’t think it’s correct to react on the spot. I’ll just say this situation has some other angles that will allow for a clearer picture”, the ambassador said.

Ricoca Freire then added the Portuguese government is “willing to continue aiding Guinea-Bissau as necessary”, noting that “within a week or maybe 10 days” a Portuguese delegation will come to Bissau in order to “carefully prepare” a cooperation plan for 2011-2013.

TPN/Lusa

Cavaco Silva sets presidential vote for January 23

President Aníbal Cavaco Silva, widely expected to seek a second term, on Monday set Portugal’s presidential election for next January 23.

The election date was announced on the Belém Palace website.

A presidential aide told Lusa News Agency that Cavaco Silva had previously informed the four candidates already in the running of his decision.

An economist and politically conservative, Cavaco Silva has yet to throw his hat into the ring, but is generally expected to seek a second and last consecutive five-year mandate.

All Portuguese presidents have been re-elected since the democracy-restoring “Carnation Revolution” in 1974.

The incumbent’s main challenger is generally considered to be veteran Socialist politician

Manuel Alegre, who has the backing of the ruling Socialists and the small Left Bloc party.

A poet and longtime MP, Alegre ran second to Cavaco Silva in the last presidential election in 2006. Other candidates are Communist-backed Francisco Lopes; independent Fernando Nobre, founder of the international medical aid group AMI; and Socialist MP Defensor de Moura.

TPN/Lusa

Brussels names Gen. Martins to key EU mission post in DR Congo

The European Union has appointed Portuguese General António Martins as the new head of its advice and assistance mission for security reforms in the Democratic Republic of Congo, Brussels said this week.

The EU said in a statement that the High Representative for

Foreign Affairs Catherine Ashton had extended congratulations to the general, describing General Martins, 52, as having “all the qualities” needed for the post and praising his “long experience and knowledge of Africa”.

Martins will replace French General Jean-Paul Miche at the

head of the EUSEC mission in Kinshasa.

A founder of the EU mission in DR Congo in 2005, General Martins, a former commander of the Azores Military Region, has also served in international missions in the Balkans.

TPN/Lusa

‘Final sprint’ to pivotal Lisbon summit in view – Rasmussen

NATO enters its “final sprint” this week in the countdown to the alliance’s key November summit in Lisbon that will adopt a new “strategic concept” for the bloc, Secretary-General Anders Fogh Rasmussen said earlier this week. He said the November 19-20 summit would “mould” NATO strategy for the coming decade.

The “final sprint”, he told a Brussels news conference, kicked off on Thursday in a joint meeting of NATO defence and

foreign ministers to discuss the draft proposal for a new “strategic concept”.

Mr. Rasmussen said first reactions to the “ambitious” draft proposal from member states had been “positive”, adding he hoped defence ministers would give “strong support” to plans to restructure NATO commands.

Summit host Portugal has insisted it is not ready to relinquish the Oeiras-headquartered Joint Command Lisbon, one of

NATO’s three main subdivisions, as part of the reforms.

Mr. Rasmussen also said the apex meeting should take a position on US-sponsored plans to build an anti-missile shield, an initiative opposed by Russia.

Moscow, he added, had yet to respond to an invitation, issued weeks ago, to attend a NATO-Russia summit parallel to the alliance meeting in the Portuguese capital.

TPN/Lusa

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Road deaths down



Accidents on Portuguese roads so far this year have claimed a total of 539 lives, the National Road Safety Authority (ANSR) has revealed.

Figures released this past week have shown that 14 fewer people of have died on the nation's roads during the first nine months of the year when compared with 2009.

Last year, 553 fatalities were reported between January and September.

As usual, the Oporto and Lisbon Metropolitan Areas were where most deaths were registered, with both counting 70 fatalities.

The areas to report the lowest growth was Vila Real, 10 deaths and Bragança, with 11.

Despite progress in reducing fatalities, serious injuries resulting from traffic accidents increased to 1,969 from last year's corresponding total of 1,923.

The figures released by the ANSR do only include deaths reported by authorities at the scene of an accident or those who die en route to the hospital.

Officially, and starting this year, road death statistics will now also include fatalities reported up to 30 days after an accident.

The ANSR has requested periods of six months to calculate road death statistics, with figures for January and February revealing an increase in the region of 30 percent when deaths reported a month following an accident are taken into consideration.

Earlier this year, the ANSR

disclosed that around one in three drivers who die on Portuguese roads were well over the legal alcohol limit.

Paulo Marquesa, President of ANSR, told the Lusa News Agency: "One in three drivers who die as the victims of road accidents are found to have excess alcohol in their blood, and one in four who are autopsied have over 1.2 grams of alcohol per litre of blood", in their systems.

Driving while under the influence of alcohol is one of the most common risk factors that cause road deaths in Portugal, the ANSR says.

"We shouldn't refer to [these incidents] as 'accidents', we should call them disasters provoked by irresponsible drivers", Mr. Marquesa declared earlier this summer.

According to the head of ANSR, Portugal's strategic objective is to "significantly reduce the number of drivers who are killed by 2015".

"Over time Portugal has mapped out a very positive path. At the beginning of the decade we were the worst country in the EU and we managed to reduce the number of deaths by half and we are now close to the European average", he stressed.

But while the number of deaths on Portugal's roads may have been slashed by more than half, the statistics reveal a ten-



Two people died in a light vehicle which was overturned by a train on the West line near Malveira on October 10th. (Photo: Lusa / André Kusters)

dency for stagnation regarding deaths related to alcohol consumption, which when com-

pared to the rest of the EU, is described as 'worrying'.

Authorities carry out alcohol

checks on more than half a million drivers every year and the statistics show that between

2005 and 2009 the number of offenders has grown by 20 percent.

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EU misses 2010 biodiversity loss target



A report published late last week by the European Commission has confirmed that the European Union has missed its target of halting the loss of biodiversity by 2010.

An assessment of implementation of the Commission's Biodiversity Action Plan shows that Europe's biodiversity remains under severe threat from the excessive demands we are making on our environment, such as changes in land use, pollution, invasive

species and climate change.

However, the assessment reveals that significant progress has been made over the last two years. Important lessons learned from implementing the action plan will underpin the EU's post-2010 strategy.

EU Environment Commis-

sioner Janez Potocnik said: "We have learned some very important lessons and managed to raise biodiversity to the top of the political agenda. But we need everyone on board and not just in Europe. The threat around the world is even greater than in the EU. That's why it's imperative that Nagoya delivers a strong global strategy on the protection of biodiversity and ecosystems."

The Biodiversity Action Plan was launched in 2006 with the aim of halting biodiversity loss in the EU by 2010.

This latest assessment of progress made on some 150 different actions concludes that while significant progress has been made in a number of areas, the overall 2010 biodiversity target has not been reached.

Targeted actions to reverse the decline of endangered species and habitats have been successful.

The Natura 2000 network has been significantly extended and now comprises around 26,000 sites, covering 18 percent of the EU's land territory.

Efforts to protect marine and freshwater ecosystems have been boosted by the new Marine Strategy Directive. This summer the Commission set out the criteria to be used by Member States to assess the environmental status of their seas.

The work of the ongoing study on the economics of ecosystems and biodiversity (TEEB) has led to the increased recognition of the economic value of nature's assets. TEEB is already helping decision makers to

recognise the value of investing in natural capital.

The Biodiversity Action Plan has helped increase understanding of the drivers of biodiversity loss (such as climate change), how biodiversity and other sectoral activities are interlinked and the important role of ecosystems such as for mitigating and adapting to climate change.

Lessons learned will be invaluable in ensuring that renewed efforts to halt biodiversity loss are successful. In March, the EU committed to a new target: to halt the loss of biodiversity and the degradation of ecosystem services in the EU by 2020, restore them in so far as feasible, while stepping up the EU contribution to averting global biodiversity loss.

The integration of biodiversity and ecosystem concerns into other EU policies will be central to the post-2010 strategy. The planned reforms of policy areas which have significant implications for biodiversity – such as the Common Agricultural Policy and the Common Fisheries Policy – as well as the preparations for the next programming period for EU Regional Policy, offer important opportunities. These are significant both in terms of reducing impacts on biodiversity and as potential sources of financing for biodiversity conservation and restoration.

The new strategy will benefit from a significantly strengthened knowledge base, including a biodiversity baseline that will allow trends beyond 2010 to be clearly established and measured.



The 'Scientists on the Stage' event which took place in Olhão on September 21st gave the public the chance to come into contact with marine creatures in a giant aquarium. The event was later presented at a press conference on board a boat in the Ria Formosa where journalists were given the opportunity to dive for sea horses. (Photo: Lusa / Virgílio Rodrigues)

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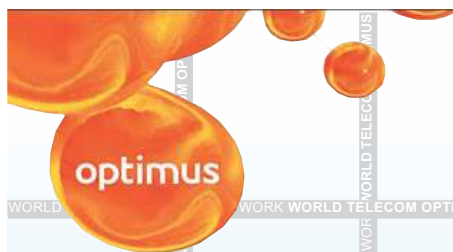


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A Jewish and Democratic State

"With this law Israel buys an exit ticket from the family of nations," wrote Israeli journalist Nahum Barnea last week in the newspaper Yedioth Ahronoth. "The proposed loyalty law...is really racist. It obliges non-Jews to declare that they would be loyal to the Jewish state but exempts Jews from this obligation." But Israeli Prime Minister Binyamin Netanyahu's proposed new law is not racist, just short-sighted and nasty.



Israeli Prime Minister Benjamin Netanyahu, (L), talks with cabinet secretary Zvi Houser during the weekly cabinet meeting in Jerusalem, 12 September. Media reports state that Prime Minister Binyamin Netanyahu has reportedly not yet decided whether or not to participate in the upcoming United Nations General Assembly, scheduled to be held in New York City in about ten days' time. Following the start of direct talks between Israel and the Western-backed Palestinian Authority, many European leaders have requested to meet with Netanyahu. (Photo: EPA/Tara Todras-Whitehill/Pool)

It is really about foreign policy: Netanyahu has also just demanded that the Palestinian Authority recognise Israel as a "Jewish and democratic state." Back in 1977, prime minister Menachem Begin said exactly the opposite: "We do not (demand that) our right to exist in the land of our fathers be recognized."

"It is a different recognition which is required between us and our neighbours," Begin continued: "Recognition of sovereignty and of the mutual need for a life of peace and understanding." In other words, take the concrete steps that Israel needs for a peaceful and secure future, and don't demand that everybody else subscribes to your own philosophical self-description.

Begin observed that principle in the peace treaty he signed with Egypt in 1979, and Yitzhak Rabin used the same language in the 1994 peace treaty with Jordan. In both treaties the parties recognise each other's sovereignty, integrity, and political independence, but there is not a word about Israel's Jewishness. That's an internal issue for Israelis (who are, in any case, divided about the definition of who is really a Jew).

Defining a country in ethnic and/or religious terms sounds racist to people who live in multicultural societies like the United States, India or South Africa, but it is actually quite common. Few people object to the "blood and soil" definitions of nationality that prevail in Germany and Japan, or to states that proclaim themselves to be Islamic Republics. On one condition: that they do not treat their ethnic or religious minorities as second-class citizens.

Israel's constitution declared it to be a "Jewish state" way back in 1948, but in theory its laws apply equally to all its citizens including the 20 percent Arab minority. (In practice, Israeli citizens of Arab descent have a hard time, but Israeli governments use the shield of sovereignty and say that that is a purely domestic issue.)

Netanyahu's predecessors avoided any mention of Israel's "right to exist" or its Jewish character when they made peace treaties with Egypt and Jordan, because real sovereign states do not negotiate these matters with other governments. A different approach was needed for the Palestinians in the occupied territories, because they didn't have a state yet.

When Israel finally began talking to the Palestine Liberation Organisation in the early 90s, Prime Minister Yitzhak Rabin demanded that the PLO publicly recognise Israel's right to exist. (It complied in 1993.) However, Rabin never asked the Palestinians to acknowledge the "Jewishness" of the Israeli state, because that would be a deal-breaker.

You can't ask Palestinians whose parents or grandparents were driven from their homes during the 1948 war, and were not allowed to go home again after the fighting ended because that would undermine the "Jewishness" of the new state, to accept that defini-

tion as legitimate. All you can ask, if you really want peace with them, is that they accept the reality of the Israeli state and recognise its borders.

So when Binyamin Netanyahu raised the ante last week by demanding that the Palestinians recognise Israel specifically as a Jewish state (and not just a sovereign state), Palestinian leader Mahmoud Abbas replied: "Name yourself the Hebrew Socialist Republic — it is none of my business."

Israel can call itself whatever it wants and define itself however it likes, but it cannot demand that other states accept those definitions. So why would Netanyahu make such a demand if he wants the peace talks to succeed?

He doesn't. He is unwilling to face the huge political crisis that would erupt if he agreed to withdraw all or even many of the half-million Jewish settlers who have colonised large parts of the West Bank and the Gaza Strip (the land that the Palestinians still controlled after 1948). Since that would necessarily be part of any peace deal, he doesn't actually want one. But he can't say that, because it would infuriate Washington.

The United States is Israel's vital ally, and President Barack Obama really does want a peace deal, so Netanyahu must wreck it without making it look like Israel's fault. Step one, late last month, was to refuse to extend the partial moratorium on new construction in the Jewish settlements that he agreed to late last year.

The Palestinians had already said publicly that they would end the talks if he did that, and most people abroad don't blame them for that. How can they be expected to negotiate while the Israelis were still expanding the Jewish settlements on their territory? But something else was needed to shift the blame for the collapse of the talks decisively onto the shoulders of the Palestinians.

That something was Netanyahu's declaration that he will renew the settlement freeze only if the Palestinians acknowledge Israel as a JEWISH democratic state. He knew they couldn't accept that offer, which is why he made it.

The proposed law requiring new citizens to swear allegiance to Israel as a "Jewish and democratic state" is just window-dressing to divert the attention of foreigners, especially Americans, from his real strategy. It will badly hurt Israel's image overseas, but it is not racist. It is just ugly and self-serving.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Katy Perry launches European tour in Lisbon

On February 20th next year popstar Katy Perry will kick off her European tour at Lisbon's Campo Pequeno.

The news was confirmed this week by Portuguese promoters 'Everything is New'.

Lisbon will be the first of at least 20 different stages making up Katy's European 'California Dreams Tour'. Ticket will be on sale as of next Friday.

The concert will mark Katy Perry's return to Portugal a year and a half after her first ever concert in this country, which also took place at Lisbon's Campo

Pequeno. At the time Miss Perry, who is set to marry UK comedian Russell Brand, was promoting her first album 'One of the Boys', which featured her massive award-winning hit 'I Kissed a Girl'. Prior to that, in 2001, she released a gospel album under the name 'Katy Hudson'.

Katy Perry, 25, is one of the favourites to make a sweep at this year's MTV European Music Awards, having been nominated for five awards including 'Best Pop Artist', 'Best Song', and 'Best Video', on a par with Lady Gaga.

Tens of thousands of people flock to ModaLisboa

The first and only ModaLisboa (Lisbon Fashion) event to take place at the Ribeira Market was visited by some 40,000 people, who flocked to the venue to catch a glimpse of what next Spring/Summer's trends will be.

Having this year celebrated its 35th edition, ModaLisboa culminated on Sunday with the much-anticipated return of designer Maria Gambina.

As well as the 40,000 visitors the four-day event was also watched by 110 foreign journalists and bloggers as well as 450 approved Portuguese journalists.

"The event went really well", ModaLisboa director Eduarda Abbondanza told Lusa New Agency this week.

The showcasing of new fashion lines at the Mercado da Ribeira "is a unique moment that will not be repeated", as next March it will return to the Pátio da Galé, in Terreiro do Paço, where it will permanently take place.

For this year's event catwalks were set up in the middle of stallholders' stands, making it the "first time that ModaLisboa has taken place in a space where its own natural activity occurs at the same time as the fashion shows".



A model displays an outfit by Portuguese fashion creator, Maria Gambina, on the fourth and last day of the Moda Lisboa Fashion week, at Mercado da Ribeira, in Lisbon, 10 October 2010. (Photo: Mário Cruz / Lusa)

Bill Smith, Former Director and Owner of AIS-L, Dies at 85

Willard (Bill) L. Smith, a native of Ridgewood, New Jersey and resident of Portugal since 1976, passed away peacefully on October 7. Bill will be remembered for his engaging personality, kind spirit, dedication to educational excellence, and exceptional conversational skills. He was a people person. His wife of 44 years, Dorrit, says, "We had a wonderful marriage. He was my best friend. He had a terrific personality. He talked to everyone regardless of what they did or where they were from. Everyone was equal and interesting in his eyes. He was always ready with a pun or a joke to share in any occasion."

Dr. Smith served as Director of AIS-L (American School of Lisbon) for 17 years. He retired from his position in 1993, marking 46 years of service in education. A former teacher at the school recalls, "Even after his retirement, Bill came to the school showing interest in the students and a passion for quality. He made a point of encouraging students to be proud of good grades. He also stressed the importance of sports for the development of the mind, as he felt that knowledge was the most important asset of any student."

Dr. Smith was also one of the founders of the Mediterranean Association of Independent Schools (MAIS) where he served on the Executive Board. Before coming to Lisbon, Dr. Smith worked in directorship positions

at the American International School in Düsseldorf and in St. Paulo, Brazil at the well-regarded Graded School.

In addition to his prominent educational service, Bill was a founding member of the American Legion Portugal. He proudly served his country throughout his life beginning with participations in WW II up to his retirement from the Reserves as a Colonel. Fellow veteran Gilbert E. Wells recalls, "During WW II Bill Smith served as an infantryman during the Battle of the Bulge. We were about the same age and we used to talk about his European tour versus my Asian tour." His community activities included membership in The American Club of Lisbon, and he was a founding member of Americans in Portugal. He is survived by his wife, Dr. Dorrit Smith, a highly regarded educator in the field of mathematics, his six children, his eleven grandchildren and his six great grandchildren. The family held a service at St. Paul's Church in Estoril where many in the community came to say goodbye to Bill. After cremation in Portugal, his remains will be buried in the family plot in New Jersey.

Donations in Bill's memory can be made to: Alzheimer's Association at www.alz.org or to Huntington's Disease Society of America at www.hdsa.org

Unsightly buildings given an urban makeover

Abandoned buildings throughout Lisbon will, as of this week, be given a new lease of life (at least on the outside) thanks to a group of 'urban' artists whose job it is to spruce up their facades.

Five artists – three foreign and two Portuguese – will work continuously over the next 12 months to bring new colour to some of the city's more tired areas.

This spruce-up comprises phase two of the 'Crono' project, which was launched in June this year with the work of artists Os Gemeos (from Brazil), Blu (Italian) and Sam3 (from Spain) on a building in Avenida Fontes Pereira de Melo, and the contributions of various Portuguese artists throughout the Amoreiras area of the capital.

The 'Crono' project was created by plastic artist Alexandre Farto, curator and mentor of the Italian FAME Angelo Milano, and urban designer Pedro Soares Neves, who decided to "put Portugal on the map of cities that are open to this type of display".

"We share the perspective that Lisbon has the specific conditions to develop this project, in terms of size, architectural geographic and urban qualities, as well as the meteorological characteristics and atmosphere necessary for urban art", Pedro Soares Neves told Lusa.

The project has been divided over four different periods "it intends to capture the ambience created by each season of the year, therefore developing a dialogue with the factor of time in its multiple dimensions, emphasising the ephemeris of human creations as well being a last analysis of our own existence".

In Autumn Italian artist Ericailane will be bringing his unique style to the facades of the city, joined by Bastardilla (Columbia) and Lucy (UK), along with Portuguese artists Mar and Ram. The group will be carrying out projects on buildings along the Fontes Pereira de Melo and Liberdade Avenues, as well as on Rua de Cascais, in Alcântara.

The Crono project has the support of Lisbon Town Hall.

Nearly 60,000 speeders caught in six months

Speed cameras installed throughout Lisbon have, over the first six months of this year, caught 58,603 offending drivers breaking speed limits in and around the city, according to the head of Municipal police André Gomes.

Data supplied by the Municipal Police Force regarding the first half of 2010 showed that most of the offences caught on camera took place on the Avenida da Índia, where 25,675 vehicles were snapped.

On Avenida Brasília 8,255 offences were registered, and in the Campo Grande tunnel (direction North-South) 6,681 drivers were caught speeding.

On the Segunda Circular, two radar cameras installed in Calvanas and in Benfica registered 3,229 pictures of offending drivers.

During the first three months of

2010, 16,589 offences were committed and 42,014 incidents were registered in the second quarter.

Superintendent Gomes said that fewer offences were registered this year (in comparison to the same period of last year), adding that it was "possibly [due to] drivers being more aware of the dangers of speeding and therefore driving more slowly".

Several of the cameras have suffered "acts of vandalism", others are in need of maintenance; on top of that, the police chief explained the equipment needs "great care with its precision, so there is no room for doubt or margin of error".

Regarding fines and respective amounts charged, superintendent André Gomes said it was the National Road Safety Authority (ANSR)'s responsibility "to make administrative decisions on procedures relating to offences".



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Outstanding October for cruises



By the end of this month, some 20,000 passengers are expected to have arrived in the city on ten ships that will dock in Portimão.

October promises to be the best month to date for cruise passengers visiting Portimão. By the end of this month, some 20,000 passengers are expected to have arrived in the city on ten ships that will dock in Portimão as part of their European itineraries.

It is further proof that Portimão is in high demand as a port-of-call and continues to rise in popularity.

In total, ships will dock 19 times in Portimão during the month of October. These include visits by the 'Empress' (on the 1st, 5th, 9th, 13th, 17th, 21st, 25th and 29th of October), the 'Ocean Countess' (5th and 13th), the 'Marco Polo' (on the 12th), the 'Grand Voyager' (on the 12th and 16th), the 'Braemar' (on the 22nd), 'Silver Spirit' (also on the 22nd), 'the Seadream II' (24th), 'Nieuw Amsterdam' (27th), 'Royal Clipper' (also on the 27th) and the 'Sea Cloud II' (on the 29th).

Of these dockings one of the most highly anticipated is that of

the 'Silver Spirit', on October 22nd, as it is the latest addition to its mother company Silversea's luxury fleet.

Also causing a stir is the visit of the 'Royal Clipper', the largest sailboat in the world, which will also be visiting Portimão.

But the defining moment for this month will be when the brand new 'Nieuw Amsterdam' sails into Portimão's port. It is described as Holland America's 'jewel in the crown' and was launched on July 4th this year. It will stop off in Portimão before initiating its transatlantic crossing to Fort Lauderdale (USA), carrying more than 2,000 passengers and a crew of 292.

In 2009 some 30,000 cruise-ship passengers visited Portimão, along with a further 26,000 carried by the Volcan de Tijarafe ferry, which connects the city to Madeira and the Canary Islands.

This year that figure is expected to be surpassed by a wide margin.

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Portugal leads trans-Med naval exercise off Algarve

The Portuguese Navy has successfully led naval exercises involving southern European and North African forces from the 5+5 Initiative that binds 10 Mediterranean countries.

The 'Sea Border 10' exercise that took place last Thursday off Portugal's southern Algarve coast aimed at honing capabilities in maritime patrol and interception operations, operations com-

mander Jorge Novo Palma told Lusa News Agency.

Officers and naval units from Portugal, Spain, France, and Morocco participated in the exercise. Algeria sent observers.

"The objective is to create a relationship of confidence amongst the navies and better joint action in maritime security operations along both sides of the Mediterranean", Palma said.

Other members of the 5 +5 Initiative that did not participate in the annual exercise are Italy, Malta, Mauritania, Tunisia and Libya.

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Pioneering wheelchair path inaugurated in Portimão



A five-kilometre stretch of pedestrian walkway that has been specially adapted for wheelchair use and provides access to key areas of Portimão, such as its main shopping street and riverside area, was officially opened last Friday with pomp and circumstance as part of the international 'Mobility and Accessibility For All' conference.

The 'Accessible Route' was awarded a 'Gold Mobility Flag' and is the first of its kind in the country.

Measuring 1.2 metres in width and barrier-free for its entirety, the pioneering project cost Portimão in the region of €300,000. It should, according to the local Town Hall, have been completed in 2008, but only now has it been inaugurated.

Along the five continuous, unobstructed kilometres of the route, which has been specifically paved with a smooth sur-

face, there are designated signs especially for the disabled, which are also posted in Braille for the blind.

The route leads to key infrastructures around Portimão, such as banks, post offices, the police, municipal library, Portimão museum and the main shopping street.

It is seen by the Town Hall as a "strong investment in social inclusion, by eliminating the architectural barriers that existed in the administrative centre of the city".

Tourist injured in cliff crumble

A German tourist was seriously injured on Monday morning after a cliff overhanging Praia dos Beijinhos beach, Lagoa, disintegrated and falling rocks struck him.

A source from the Southern Maritime Authority told Lusa News Agency that the incident occurred at around 10h15 that morning and that the man, who is believed to be 50 years of age, had been in an area signed as 'dangerous'.

According to the source the victim suffered several injuries and was transported from the beach to Faro Hospital by an INEM medical emergency helicopter.

A source from the hospital said that when the man arrived he was 'ventilated' and taken straight through to the emergency department.

Praia dos Beijinhos is not supervised and the only access to the beach is via steps. It is, however, flagged with hazard signs as having 'dangerous areas' indicated on a map.

In 2008 five people died on the Maria Luísa beach, Albufeira after being buried by part of the cliff face that broke loose.



A German tourist was seriously injured after a cliff overhanging Praia dos Beijinhos beach, Lagoa, disintegrated and loose rocks struck him on October 11th. (Photo: Luis Forra / Lusa)

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Thousands brave rain for 10th Mamamaratona



Around 6,000 people turned out on Sunday morning to participate in the 10th Mamamaratona, or 'Race for Life' as it has become known, to raise awareness about breast cancer and funds for cancer treatment. It was specifically organised to take place on the 10th of the 10th (month) of 2010, at 10h00.

At least €150,000 was raised through enrolment fees alone, on top of which will be added more contributions from sponsors, fund-raisers, donations, etc.

"We don't know how much was raised in total yet as more is still coming in", Jaime Ferreira of the Algarve Cancer Association (AOA) told *The Portugal News* on Tuesday this week.

An exact figure for how much was raised should be confirmed by the weekend.

Funds raised will be put towards the construction of a respite home, 'Casa Flor das Dunas', in Faro, where cancer patients undergoing daily treatment such

as radiotherapy who have to travel long distances may stay for the duration. Courses of treatment generally range between four and six weeks.

While the 10th Mamamaratona has been hailed a success by all involved, it fell short of the 10,000 participants that organisers hoped would turn up to complement the '10' theme.

This in part could have been due to the dreary weather forecasts predicted for Sunday, though on the day the weather held out and – besides one small downpour – was dry, sunny and warm.

A sea of pink hats flooded the streets of Portimão, which had

been cordoned off especially for the run.

Participants could choose between a five-kilometre 'march' and an eight kilometre run. Several of the participants were in fact seasoned professionals – some even Olympic veterans – though the organisation makes a point of not rewarding 'winners' with anything more than a handshake and a symbolic medal.

"The event, not being of a competitive nature, always attracts national and international runners, marchers and participants, who take part in this movement against cancer for one simple reason: Solidarity with those who are fight-

ing cancer", the AOA, which organises the event, said in a press release after the event.

Organisers also took advantage of the fact thousands of people were gathered in one spot to promote the efforts of the Centre for Recuperation and Investigation of Wild Animals, which is sponsored by senior athlete António Silva, in rehabilitating and releasing indigenous fauna back into the wild.

To celebrate the occasion an eagle that had been looked after by the centre after been shot and wounded by a hunter, was symbolically released and returned to its natural habitat.

Tides could flood Faro Island car park

An expert has warned that the sea surrounding Faro Island could soon wash over the sand dune barrier and flood the local car park should this winter's tides be particularly high.

This is the opinion of Óscar Ferreira, a specialist in coastal dynamics and management at the Algarve University, to whom the destruction of the island is "an imminent danger".

He warned that the sea water could break through a cord formed by sand banks along the front of the island, and said that the only reason it had not happened before now was due to the replacement of sand which has stopped nature's natural course.

Óscar Ferreira described the whole area as "fragile and at risk", aggravated by construction that has taken place over the years and now occupies almost all the usable area.

"Every winter the scenario is the same. All it takes is one high-tide caused by a storm for the sea water to wash over the

dunes and the properties on the extremities of the island will be at risk of being washed away", he said.

Last weekend five-metre waves and strong winds dragged water and sand onto the island's main roads, making it impossible for traffic to circulate.

Residents spent the night fearful that their homes would crumble and appealed to be rehomed as soon as possible, a long-standing promise pledged by Faro Town Hall.

Next day Faro Mayor Macário Correia summoned an improvised press conference on the island to guarantee that, in the short-term, "there will be housing available, should it be needed", but he said that a long-term solution had not yet been defined.

Fears are that Faro Island could suffer a similar fate as Fuzeta Island, near Tavira, where all the properties were destroyed after tides eventually broke through the island's natural sand barrier.

New headquarters for Carvoeiro association

An association set up by Carvoeiro business owners and residents has now been officially registered as well as opening a dedicated office in the town centre.

The association, now officially named *Vozes Intensas Associação Comerciantes* aims to represent, defend and promote the common interests of its members, in order to contribute to the development of the local businesses and economy.

Graça Novo, President of the association said: "We would like to thank the council for cooperating with the new association so far.

They have proved that they are open to listen to our suggestions and have already made some changes such as allowing parking for touristic buses in a new area that is more convenient to all."

The association's next meeting will take place on October 21st at 6pm at the new headquarters, which are located at nº11 Beco do Galeão, where Carvoeiro's Parish council used to be located (above Rua do Farol).

For further information, or to join the association, contact Graça Novo on 919 469 285 or email: vozesintensas@gmail.com.

Algarve expat sets off on first Pedalcar journey around the world

Gerry Breen of Lagos in the Algarve will be heading off to Orlando, Florida on Monday from where he intends to initiate the first stage of what is hoped to be the first Pedalcar journey around the world.

This unprecedented journey will see Gerry Breen cycle unsupported across the States to San Diego, California a distance of over 5,000 kilometres where, after a break, he will take the southern route down through Mexico, Guatemala,

Honduras, Costa Rica and Panama.

After another short break he will continue down through Columbia, Venezuela and Brazil all the way down to Tierra Del Fuego at the tip of South America. He will then head off to Canada and Alaska before crossing the Pacific to continue through Japan, China and the Far East before heading back via New Zealand, Australia and the Middle East and hopefully ending his journey after a European Tour.

Gerry Breen's Pedalcar has many special features including water purification system, solar panels for recharging batteries, stereo music system, GPS etc. He will be carrying everything he needs for the journey including state of the art camping equipment and all weather gear. The whole unit weighs some 30kg fully loaded and cruises on level ground at 25kph. He will average around 100km per day and stage one across the states is expected to be completed in

around 50 days. One of the aims of his travels is to create more awareness of human power and he will be donating the cost of every litre of fuel he saves to *Cadela Carlota e Companhia* an animal protection charity in Lagos, Portugal. The Pedalcar known as the 'Breen Machine' was designed and built by Gerry over the last two years and has been well tested including two trips to Morocco and one to the northern Sahara. His decision to design the machine came after he

cycled from Lagos to Hadrian's Wall, Scotland some two years ago. He felt that although he was fit enough to do the journey he experienced severe discomfort and fell off his bicycle on several occasions.

The main attributes of the Pedalcar over the bicycle are that it is more aerodynamically streamlined, comfortable, stable and offers protection from the elements in adverse conditions.

Pedalcars or Velocars were extremely popular in the 1930's

but were banned from competitive events due to the fact that they were faster and more durable than the standard bicycle and therefore they suffered a major setback until now.... Gerry's journey can be followed by a link on his website at www.GerryBreen.com and more information can be obtained whilst he is away by contacting the General Manager of Algarve Airports - Phill Gilbert at phill@gerrybreen.com Telephone 00351 91 490 3384.

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Algarve Tree Services' Stump Grinding Unit



The destruction of the Algarve's Palm trees by the contagious Red Palm Weevil, has resulted in many trees having to be felled, causing losses of hundreds if not thousands of euros and has prompted Algarve Tree Services' owner, Martin Foy, to invest in more Stump Grinding equipment.

Algarve Tree Services are removing, on average, one to two infested palms per week, along with 'regular' felling work of Pines, Mimosas and other trees on golf courses and in gardens.

This often results in an unsightly or intrusive stump being left in a lawn area, shrub bed or Fairway.

The use of stump grinders is fairly common in the UK but relatively unheard of in the Algarve.

These machines do away with the need to hire diggers or JCB type machines, with the associated possi-

ble damage to lawns etc., and save hours of labour digging out stumps, as they target only the stump with minimal ground disturbance, allowing re-instatement of lawn or replanting to be carried out.

The machines require only 89cm of access width and can reach any stump wherever it may be situated in the garden.

The new machine, with its 38hp engine and hydraulic controls swiftly turns an unsightly stump into a pile of grindings that can be removed by Algarve Tree Services, or retained on site to use as mulch.

The costs for this service can be as little as €93, 50 + IVA, for a stump with a diameter of 50cm, with discounts available for multiple stump removal.

Algarve Tree Services believe this is a cost-effective, efficient way to deal with the problem.

Andifer - a cut above the rest

Offering a customised service that aims to satisfy their clients' every demand the Andifer butchers, in Portimão, has set the bar very high for its rivals. Its gourmet, fresh-from-the-farm feel applies to every chop, sausage, and steak that it beautifully arranges in its impeccably clean refrigerated cabinets. Specialising in cuts of meat that are different to what is widely found elsewhere, Andifer also boasts a vast variety of typical British and South African meats, all freshly prepared in-house.

With 20 years experience between them shop owner and manager Dinis Guia and his long-term aid Ivo Vicente are more than qualified in maturing, marinating, cutting and preparing all meats. Spice mixes and marinades are homemade and every week new varieties are introduced, to keep things interesting.

Their mouth-watering meat menu includes Gammon, back bacon, English ham, three or four types of English sausage (including pork and leek and pork and apple), pork loin and chops with crackling, spare ribs, and lamb leg with stuffing, rack of lamb, lamb shanks, and lamb kidneys.

Within their beef range Andifer have succulent T-bone and sirloin steaks, filet, and racks of beef, beef kebabs, rib-eye steaks, South African borewors, and juicy beef burgers.

Other South African specialties in-



clude spicy chilli bites, dry woks and biltong. Complementing the meats, which are sourced from all over the world, from countries including Argentina, Ireland, Uruguay and Brazil, is a wide selection of South Africa and UK groceries as well as a range of cold meat specialties from Monchique, like *Chouriço* sausage, and pork pies.

Their personalised service however means any type or cut of meat - marinated, spiced, stuffed or just plain and simple - can be prepared in advance. Orders are taken and a vacuum-packed option is available.

Based on a solid reputation built from 20 years in the business in Portugal and an ever-growing clientele there is no doubt that the Andifer brand represents quality and excellence.



This Week's profiles:



Algarve Tree Services

For a free, no-obligation quote or if you wish to discuss how stump grinders can help clear your land, please contact Algarve Tree Services. See website: www.algarvetreeservices.com, e-mail: martin@algarvetreeservices.com, or call: (+351) 917 479 921.



Andifer

For more information, contact Andifer on: (+351) 282 419 590, 965 647 342, or email: dinisguia@hotmail.com. Andifer is located near Portimão train station, open Monday to Friday, 07h - 19h, closed for lunch (13h30 - 14h30).



SOS Sky Digital

If you are interested in any of SOS' services, just need some advice, a repair, or maintenance, call Chris on 916 378 722, or email: soskydigital@msn.com. Alternatively, see website: www.soskydigital.com.



PVC Directo

For more information, call PVC Directo on: (+351) 916 184 148 / 969 410 952, fax: 282 380 308, or email: pvcdirecto@gmail.com.

If you would like YOUR business's profile to feature on 'Trading Places', call our Sales Manager on 707 500 677.

SOS Sky Digital - believe in better



SOS Sky digital has been established for eight years covering the entire Algarve and are now decidedly a popular choice for clients looking for value and the best quality equipment, reliability and honesty.

SOS Sky digital is also striving to excel in its post-sales customer service by providing help and advice by telephone or email.

2010 has been a busy year for the company due to many changes made by Sky; as a result, many people still find them selves losing channels at night and have needed to upgrade their equipment to modern stronger dishes and Sky boxes.

SOS also do Sky 'Freeview' TV systems for just a one off payment without any monthly or annual payments, and can guarantee no loss of channels at night.

The World Cup kept SOS very busy; many property rental agents realised the first properties to be booked were those advertised as having Sky TV, which is also great

for keeping up with the news and soaps and something for the kids to watch. Sky is also ideal for just listening to your favourite British radio station.

The company also managed the transition from the old cards to the new with no trouble, and can arrange packages easily through their own UK agent so these are fully guaranteed. Alternatively, they can organize a new white Freeview card, but these are only needed for Sky3, five US and fiveR, as channel five will soon be free.

And of course Sky+ and Sky+ HD are becoming ever more popular for people wanting to upgrade and these require a Sky package; SOS can offer a half price second system to be used in another room in the same house when purchasing a complete system, allowing you to watch different channels and stopping all those squabbles. Clients could even add a second box on to an existing system to achieve the same result.

PVC Directo double the glazing, not the price

Established by Sandro Luz and Marco Faustino, PVC Directo offers a no-nonsense approach to double glazing your home, providing the best products at the best prices for all budgets.

Their services include the assembly of doors and windows in PVC/aluminium, aluminium shutters, mosquito nets, standard blinds, electric blinds and conservatories.

Now established just over two years, the company has survived the economic highs and lows of the past few years caused by the recession and have a thriving customer following.

Both Sandro and Marco have over ten years experience in fitting double glazing. Previously the both worked for leading company Speed Frame, from where they obtained a wealth of knowledge, enough on which to build their own business.

Their comprehensive projects include a free home visit to take measurements, discuss options (colours, models, designs, etc), and draw up budgets, before a final decision by the clients is made. From then onwards it will take an estimated two to three weeks for the bespoke products to arrive from suppliers and be fitted - all at an unbeatable cost.

Thanks to their extensive network



of suppliers and manufacturers, PVC Directo guarantee the lowest possible prices, and cover the Algarve and beyond.

Striving for punctuality and upmost professionalism, the youthful double-glazing duo speak English and German as well as their native Portuguese, and pride themselves on leaving everything clean and tidy - as they found it.

The quality of price and service is rivalled only by their friendliness.

Enquiries are taken seven days a week.

2010 Petanque Championship in The Algarve



Happy petanque players with the golden apple trophy.

As mentioned in the 26 August *The Portugal News* edition since the opening of the jeux de boules/petanque track 'Os Flamengos' in Carvoeiro some petanque lovers intensively exercised in preparation of the 2010 Petanque Championship (for Belgian individuals) that took

place last weekend.

The championship gathered 18 players divided in 8 man and 10 women. After 12 games and 5 hours of grand efforts the results were absolutely surprisingly: the winners of each of the 3 games were only ladies (totalling quite double the number of points from

the men).

In order to know the super winner of the 2010 Championship the 3 ladies made a superb contest under the spotlights which gave the following results:

Irish group goes Indian

Members of the St Patrick's Society will be getting together for a special Indian meal at Galé on Friday evening 22nd October.

The venue is the O Karahi restaurant in Vale Rabelho, well-known for its excellent Tandoori, Karahi and Balti styles of cooking. The St. Patrick's event is billed as a 'Curry Night' but alternatives dishes - chicken tandoori marinated in yogurt with no added spices, or grilled fish - can be ordered in advance.

The cost is €15 per person and that includes a welcome drink, starters and a buffet main course, with a bottle of house wine between two. Reservations should be made by phoning the society's secretary, Jenny Gannon, on

282352022.

The next of the monthly Irish Walks will be led by Jim Brownlow, former chairman of the society, on Saturday 30th October. It will be a riverside walk. The meeting place will be Silves station. Details from Jim on 28243595.

The St Patrick's Society is a convivial social group open to all nationalities. New members are always welcome and encouraged to take part in any of the society's events. Membership costs only €10 per person, €20 per couple. For more information on joining, email the membership secretary, Helen Cafolla, at helen.algarve@sapo.com or phone her on 289586662.

ShelterBox Portugal visit UK HQ

Founder Members of Associação ShelterBox Portugal travelled to the charity's international headquarters in Helston, Cornwall recently, where the annual business plan was presented and the Portuguese affiliate finalised its registration documents. Attending from the Algarve was Claire Larson, member of Rotary Club Estoi Palace In-

ternational. They were joined there by members of ShelterBox Belgium and John Diksa, founder of ShelterBox France.

The group toured the warehouse and box packing facilities. They also visited the ShelterBox International Academy for Disaster Relief training centre at nearby Predannack and were privileged to attend the graduation

ceremony for the latest class of ShelterBox Response Team volunteers.

ShelterBox provides international disaster relief by responding quickly to natural disasters (earthquakes, floods, tsunamis, land slides, etc.) or conflict, by delivering boxes of aid including a waterproof tent and lifesaving equipment for use by a family of up to 10 people while they are



Members of ShelterBox Portugal meet with Ian Munday MBE, Chairman of the ShelterBox Trust and founder/CEO Tom Henderson OBE

Algarve Walking Experience

Algarve Walking Experience Longer Walks this Saturday, 16th will start at 9.30am from Salir, meeting at the Information Centre. The walk will last 4+ hours, with a stop for coffee; a good track. We will walk some of The Algarve Way via Algarviana. For more information tel: 289489662 or 912715835 or e-mail: algarvewalking@algarvewalking.com

Joske Plas (S.B. Messines) got 2 points, Danielle Braconnier (Carvoeiro) got 8 points and finally Rachel Cercu (Porches) won the championship with 9 points. And as a funny conclusion: the 2010 championship has been won by the non-permanent lady residents against the permanent lady residents. The winner received a very worthy prize: a gold-covered apple - natural size!

Bowls Algarve Winter League

Another season has rolled around and twelve teams set out towards the League Championship 2010/2011. The all conquering Alvor Greens had a shaky start over at PDF, where they ran into a very determined Crusaders team. The scores ended 47-47 with the Greens winning 5-3 overall. Tavira entertained the Alvor Amigos and another very tight game finished 46-44 to the home team, although the points were shared 4 each. Amendoeira Nuts had a convincing win over the fancied Alvor Harlequins by 52-41, although again the points were split 4 apiece. Valverde Vulcans played host to the PDF Sinners and ran out winners by 64-44, taking 6 points to the 2 for the Sinners. Alvor Gladiators are another strong team with title aspirations, however they were narrowly beaten by a resilient Pedras Panthers 57-54. Once

again however, the overall points were shared 4 each. Albufeira Cats made their usual strong start at home to the Valverde Vikings, sweeping all the points 8-0 and winning in convincing fashion by 80-27.

At this early stage Cats top the table on 8 points followed by the Vulcans with 6 and the Greens on 5 points. Nuts, Panthers, Tigers, Amigos, Gladiators and Harlequins are all on 4 points. Crusaders have 3 points, Sinners have 2 and Vikings have yet to open their account. The close nature of many of the matches indicates that the improving general standard of play bodes well for all teams. The Inter Club competitions, which start shortly promise to be even bigger and better than before, with more competitions and a finals day at the Valverde Club.

Alan Clarke - League Director

Bike Rides

Saturday, 16th October: Bike Ride starting in Amorosa. We meet here at 12.45pm for a 1.00pm start. This will be a fairly challenging ride on a mixture of dirt tracks and tarmac roads. There will be a café stop somewhere along the way.

Sunday, 17th October: Bike Ride starting in Olhão. We meet in the car park on the western side of the sea front at Olhão, nearby the new apartment blocks. We meet here at 09.45 for a 10.00 start. This will be a fairly easy ride on a mixture of dirt tracks and tarmac roads. There will be a café stop somewhere along the way.

Wednesday, 20th October: Bike Ride starting at the Fat Frog in Almacil. We meet here at 5.15pm for a 5.30pm start. This will be a fairly challenging ride of

around 25 km on a mixture of dirt track and tarmac roads. There will be drinks and snacks in the Fat Frog afterwards.

For more information call Paul Beesley on 913226954 or e-mail: paul.beesley@sapo.pt or visit 'Algarve Bike Rides' on Facebook.



Walking in the beautiful Algarve

Wednesday, October 20th - Let's Walk along the waters edge. This walk takes you along the margins of the Funcho lake, some ups and downs and parts of the track are quite stony. **10.30am start** - meet in the centre of Pedreira. Go north on the IC1 toward Lisbon and exit for Messines and Silves. Follow signs for Silves, you pass roads to the right for Messines and a further 1.5km further on there is a road to the right for Amorosa - turn here. Stay on this road, drive through Amorosa, pass a turn to the left for Vale Fuzeiros and 500m further you come to the

hamlet of Pedreira and a cross roads, meet here there is plenty of parking.

All are welcome - there is no need to book (there is a charge of €5 per walk some of which goes to aid children in the third world through a sponsorship programme with World Vision). Please wear comfortable shoes, bring some water and a sense of humour!

If you require more details or if it is raining please check that the walk is going ahead call: Dr. Julie Statham on 965753 033. See also: www.portugalwalks.com and www.pedalinportugal.com

Algarve History Association historic event

The Algarve History Association held its fourth 'battle dinner' for the bicentenary celebrations of the Peninsular War at the Pousada Palácio de Estoi on 27 September. In the presence of the President of the Freguesia, Sr. José Paulo Brito, Peter Kingdon Booker made two presentations:

one on the history of the Palace and the other on the Battle of Buçaco. The presentation and dinner was attended by 39 guests from across the Algarve. Attendees from Peter's monthly talks in Lagoa and Tavira had a chance to meet, as well as other history lovers.

WRVS Social Tea

WRVS Social Tea is being held in the British Retirement Residence at Quinta da Fonte, S. Pedro do Estoril on Tuesday, 19th October at 3pm. This month they're going to South America! Gabriella Braddell Dawson will give an illustrated presentation of her recent expedition to The Amazon, with the British Schools Ex-

ploring Society, based at the Royal Geographical Society, London. (Visit www.bsos.org.uk.)

You can also enjoy delicious home-made cakes, sandwiches and tea. Minimum donation to WRVS charity 1€. Everyone is most welcome. Bring a friend. For more information, please call Pam at QdF on 214 688 694.

News from the Irish Assn.

An exclusive screening of Neil Jordan's award-winning film 'Ondine' will take place on Wednesday, 27th October at 9pm in Cinema City Alvalade, Lisbon prior to its official release in Portugal.

In association with Valentim de Carvalho Multimédia, we are

delighted to invite you to enjoy this wonderful film and the opportunity to win a prize of a weekend to Ireland sponsored by Aer Lingus and Hayfield Manor! Contact: Contacts: Tel: +351 213 308 200 or E-mail: lisbonembassy@dfa.ie for more information.

Golf fore strays



Golfers raising funds for the Refúgio.

A charity Golf Day was held recently at the Pestana Gramacho course in aid of the Refúgio dos Burros. The Animal Sanctuary at Estombar, has for many years, taken in donkeys, dogs and cats that have been either ill-treated or abandoned. They always attempt to rehome animals. To finance this operation they rely totally on public donations. The day was a great success and raised €1,600, which

will provide an extension to the existing cattery. The sanctuary would like to thank the many businesses that provided prizes, including Quinta dos Vales Winery & Restaurants, Julios, O Rafael, Majas, Duke of Holland and Rocha Brava Café, as well as the many individuals who gave donations to the event. Also the sanctuary would like to thank Pestana for donating the teetimes and providing a wonderful lunch.

Art From the Heart Exhibition

The Art from the Heart Exhibition closed in Tavira on the 25th September having raised over €725 for the Pirilampas Children's Home in Albufeira. All paintings by the children were sold, plus donations by visitors and the Cisterna Restaurant in Alcantarilha. Organised by Welsh artist David Haines and Mal Mudge, 42 paintings were sold to tourists from around the world and taken back as a reminder of the children. Wednesday afternoon was spent at

Makro where the €725 was spent on basic foods and loads of other goods, but also some treats!

Arriving at the Pirilampas Home all the children helped carry in the food to the store room, which was nearly empty. When the van was emptied all the shelves were full. It must be difficult with all the cuts to run the home on a small budget. David and Mal will continue to support Pirilampas in the future. Contact: Vera Silvestre on 282 542515.



Mal and David and the van loaded with goodies.

'The Jewish Diaspora from Portugal'

The title of a talk by Peter Kingdon Booker on Tuesday, 19th October at 6.30pm in the Convento São José, Lagoa, entrance: €2, and on Friday, 29th October at 11am in the Municipal Library, Tavira, entrance: Free.

When the Jews were expelled from Spain in 1492, many of them came to Portugal. It was therefore a cruel blow by D. Manuel I also to expel them from Portugal five years later. Portugal's reputation for tolerance was stretched to the limit during the ferocious attacks on Jews and crypto Jews in the following years. Of course many Jews remained in Portugal and secretly retained their faith

over hundreds of years. But what happened to those who succeeded in escaping from Iberia? Where did they go, and what did they do? How successful were they in finding new homes and new occupations? What was their story between the dark days of 1497 and now? In his second talk on the Jews of Portugal, Peter Booker takes the Jewish story out of Portugal. The Netherlands provided their first haven, and even allowed them to build a synagogue. Brazil and Britain feature in the story, and so do the epic feats of the West Indian pirates.

For more information e-mail: lynne.booker@iol.pt.

Appeal for school equipment

An appeal, on behalf of the Castelo de Sonhos, for school equipment for needy children. They need erasers, pencils, rulers, colour pencils exercise books notebooks and any thing else appropriate. They are being given school bags, generously donated

by many kind people, but now we need to fill them.

Please help, all children like to be the same as their peers, and this would enable them to do so. Donations can all be left at the Castelo de Sonhos charity shop in Silves.

Historical visit to the mines of the Alentejo

The Algarve History Association will be increasing the number of its visits and social occasions, and on **October 16** there will be a guided walk around Olhão by the President of *Associação de Valorização do Património Cultural e Ambiental de Olhão*.

A special event is also planned for 21 - 23 November. Two evenings (accommodation, breakfast

and dinner) at the luxurious Hotel São Domingos near Mértola in the Alentejo. The visit will include a guided walk around the mines, a film about their social impact, a presentation by Peter Kingdon Booker on their history and a concert by Portugal's leading String Quartet, O Quarteto Lacerda. For further information/bookings e-mail: lynne.booker@iol.pt.

See BENEF*ACTORS show and help a family

In November, instead of the previously announced play 'Deathtrap', the BENEF*ACTORS theatre group will present Nicky Moran's comedy-drama 'Lights Out' at the Lagoa Municipal Auditório and the Teatro Lethes in Faro.

In keeping with its objectives, BENEF*ACTORS will donate all proceeds of its six performances to the Euro4Rod campaign to pay for the Smyth family's extraordinary travel expenses. This is another opportunity to enjoy a great night's entertainment knowing that the affordable cost of your ticket will go to good use.

A play for adult audiences, 'Lights Out' explores the growth of loving, human relationships between four women of disparate social and economic backgrounds, who adopt the ladies' room in a hospital as their private hideaway. A review of the previous production (*The Portugal News*) notes: "If you love the theatre and enjoy a good play in English do not miss 'Lights Out' (...). This beautifully crafted story cannot help but touch the spectator through its piquant humour and the emotional trauma behind it". Audiences will roar with laughter and probably cry but finally feel a joyful warmth.

The Euro4Rod campaign is a much needed follow-on to the Run4Rod campaign the objective of which was to raise funds for Rod Smyth's kidney transplant. Sadly, Rod's passing has left his surviving family needing support to help pay for extraordinary transport costs. Consequently, the BENEF*ACTORS theatre group is hoping for the usual generous support from residents here in the Algarve.

The November dates are: Lagoa Auditorium 11th, 12th and 13th at 8:30pm. Theatre Lethes 26th and 27th at 8:00pm, 28th at 3:00 pm (matinee). Ticket prices are €12 for adults (€7 for students). Reservations by phone or email: on 963871494, 912294513, or jandb.mount@sapo.pt. Or visit: <http://www.benefactorstheatre.org>

St. George's Church, near the Estrela park in Lisbon, will host the annual Festival of Remembrance service on Sunday 14th November 2010. The service at

Obituary



Margaret Helen Love
26 March 1943 - 2 October 2010

Margaret was born in Glasgow, raised in Aberdeen and subsequently lived in Kingston upon Thames, Surrey for many years where she was the clinical audit manager at Kingston Hospital. She moved with her husband John to the Algarve in 2004. In the Algarve she was a keen supporter of Riding for the Disabled.

Margaret died in the Barlavento hospital, Portimão on 2 October after a long illness, which she bore with courage and resilience. Her funeral was held at Luz Church on 6 October and she was cremated in Lisbon the same day. Her daughter Deborah and John wish to thank many people - too many to list individually - for their kindness and support over the last few months.

They wish to mention particularly Father Haynes Hubbard of the St. Vincent's Anglican Chaplaincy, Luz for his warmth and practical support; our friends from the Luz Wine Society for their loving support and their tributes at her death; and members of the Parque de Floresta Bowling Club. Thanks also to Alison Blair of the Madrugada Charity, which supports people with life-limiting illnesses here in the Algarve and nurse Nadja Pabst. Special thanks go to Brian and Lily Haywood, Sue Hepple and loving friends Geraldine and Stuart Flanagan

Poppy Day



St. George's will begin early, at 10.50 am, in order that the two minutes of silence may be observed at 11.00 am.

In the past the Festival has been celebrated in a church thronged with members of H M forces, the diplomatic service and the British community in Portugal. On that date there will not be a service in Caldas da Rainha, which has been taking place at 6 pm on the second Sunday of the month since the beginning of the year. Therefore the next services in Caldas da Rainha are on Sunday 10 October and then on Sunday 12 December 2010, when Christmas will be celebrated.

St. George's Church, near the Estrela park in Lisbon, will host the annual Festival of Remembrance service on Sunday 14th November 2010. The service at



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Massive, unexplained charges for water

SIR, I have an apartment in Albufeira and a standing charge with my bank for Municipal Water Supply. There was a 400% increase in the amount sought for July and the same was the case for the month of August. Others in the area tell me their bills also increased from July but we received no advance notification or explanation.

The reasons behind this increase need to be explained, particularly given the apparent waste of money digging up the oldtown on several occasions in recent years. Surely if the work in the oldtown was coordinated and done properly in the first instance it would only be necessary to dig the place up once and the cost would have been a lot less.

What efficiencies have the council (Câmara) implemented or intend implementing to ensure costs are kept at a minimum. A 400% increase in costs without warning for any service begs a lot of questions and the Portugal News should investigate and report on the issue.

APARTMENT OWNER, Areias de São João, Albufeira
P.S. Others are also questioning the increase, see comments on trip advisor forum for Albufeira such as those of Cubsur, who says his bills increased by 500% from June, he never saw any explanation, nothing came with the bill, nothing on council (Câmara) website, the first set of new bills had a mathematical error, and low users were hit hardest as various new

fixed charges were introduced.

Faro Hospital Urgencia

SIR, I have recently had the misfortune to attend the Urgencia at Faro hospital. There was some building work under way which may have contributed to the situation I found but there is no doubt that for the 72 hours I was there the unit was dirty, the facilities hopelessly overstretched and the staff too rushed to treat my serious condition properly.

I had food poisoning, was severely dehydrated and had kidney problems complicated by diabetes. I had determined not to be a 'whingeing tourist' and accepted without complaint the need to sleep the corridor. However the lack of proper care meant that my condition became worse, not better.

Examples of the lack of care included:

- A seven hour wait for basic rehydration therapy.

- My rehydration drip was blocked for another 10 hours in spite of my pleading for it to be attended to.

- There was nowhere for severely ill patients except a four trolley observation bay. Thirty five patients were on trolleys in the corridor most of them elderly.

- Semi naked, infirm patients were bed bathed in public. Staff, patients, relations and even the builders were constantly squeezing by between the trolleys while this happened.

- Incontinent patients had diapers changed in public.

- A patient with a head injury was left on her back in a head

brace and vomiting into the brace, staff oblivious to the vomit pooling around her face.

- Staff entering lavatories, which were used as storage rooms, even when occupied by patients.

- Inadequate efforts to clean the unit. Even these efforts only took place in the spaces between trolleys and chairs.

This unit brings shame on Portuguese medical services and needs urgent attention.

When I finally discharged myself to go to another hospital a young female doctor confided that she didn't blame me as the unit was a "terrible place". With tears in her eyes she said she "hated" working there.

HENRY YELF, Hampshire, UK

Crayfish reply

SIR, In reply to John Clare's 'shrimp farming', these crustaceans are in fact freshwater crayfish likely to be *Procambarus clarkii* (Girard 1852). Natural dispersal from Spanish waters is the likely reason they are here in southern Portugal. They were intentionally introduced into Spain, France and Italy in the 70s. During the wandering phase breeding males can travel 17kms overland in four days. Egg production takes six weeks, incubation three weeks, maturation eight weeks.

Originally from the States these invaders have killed off the native crayfish being more aggressive and spreading the crayfish fungus *Aphanomyces astaci*. They are considered a pest due to feeding on native, small fish and invertebrates but the biggest problem is the burrowing into the river banks which cause the sides to collapse (Global Invasive Species Database). They are red in colour and go deeper red when cooked. They are similar in taste and look to langoustines. They

are called 'crevisses' in France, 'mud' or 'crawbugs' in the States and in Sweden every year they have a Festival. Pret-A-Manger sells 2.6 million freshwater crayfish sandwiches a year in the UK (Aug. 2002 Telegraph)

I have also wanted to farm these as a sustainable alternative to marine crustaceans. It is a huge industry in Australia and the States and a smaller one in the UK. I have all the info. needed and would like to talk to John and anyone else. The above is only a tiny amount of info. I have.

ROB SHIPMAN, Nav Dos Cordeiros, Bensafim, Loulé, 8100-356. E-mail: geckocards@rocketmail.com

P.S. Have eaten many, they are delicious.

Micro-chipped pets and EU Data Protection Act

SIR, Most UK ex-pats know that any EU directive warrants yet another increase in the number of 'jobsworths' paid to ensure compliance. Defended most vigorously are any actions that touch on 'yumanrites'. The latest Alice in Blunderland lunacy concerns the micro-chipping of a dog so that it can be identified.

In 2007 a micro-chipped pet dog was stolen from the secure back garden of a house and never seen again. Recently the micro-chipping firm discovered the new address and asked the original owner if he wanted to update the micro chip with the name and address of the 'new' owners. He declined, explained that his dog had been stolen in 2007 and asked for the current address so that he could recover his dog. Exactly what the identification system was designed for you would think. Not on your life! He was astonished to be told that to do so would infringe the EU's Data Protection Act and the new owner's right to privacy. Unless he gave permission the micro-chip-

ping firm could not reveal them. You couldn't make it up.

The idea of microchipping vehicle number plates as a means of collecting toll charges on Portugal's motorways is making the headlines. It is well known that the EU's beloved 'yumanrites' legislation invariably puts the rights of criminals before those of victims so wouldn't it be lovely if some of your readers with a working knowledge of EC law could think of a way to use the Data Protection Act and Human Rights legislation to declare illegal this latest ill thought out method of picking our pockets.

RON LAVERY, By e-mail

The US Government

SIR, As an American citizen, I am appalled at the way the IRS treats people in other countries. Many Portuguese as well as anyone living in another country, that worked for many years in America and have now retired to their home countries, are being treated as third class people.

All those years that people worked in the United States and paid into the Social Security system, now are not able to get the social security from America because either they are not American Citizens, or they no longer have a valid green card because they have not been to the United States in a long time.

Anyone that is not an American Citizen or does not have a bank account in America, has 30% taken out of their Social Security check every month. This sometimes amounts to a few thousand dollars for some people. Yet if you file a tax return to get the money back and do not have a valid green card or an American passport, the IRS does not refund your money.

To me this is the same as stealing for the people that really need this money to live on and they worked and paid into the system, so they should be legally eligible for this money regardless if they have a green card or American Passport. They have a valid Social Security number and are entitled to this refund. The American IRS has millions of dollars that belong to people that have worked in America and have now retired back in their own country.

The American Government takes out the 30% because they are afraid that these people will not file a U.S. tax return. Yet most of them do not have to file because they live on their Social Security and should not even have this money withheld. However since it is, they should have the right to file for a refund without the hassle of the IRS and all their letters and fines and interest.

There are also many people here in Portugal that do not even know that they can file a U.S. tax return to get the money back that was withheld and just accept it as part of the way the IRS works.

I know one person whose father worked in the United States for 25 years, he is not an American citizen and he has 30% taken from every check, however he does not now have a green card and he does not have an American Passport and has not been able to get a refund for over 5 years. That money that was withheld from his checks is just sitting in the IRS bank account drawing interest.

If anyone knows anyone that

receives Social Security from the United States and has Tax withheld from their Social Security, usually on a form number SSA-1042, they should file an American tax return to try to get this money back. If they have a green card or an American Passport, it will be no problem, and everyone should try to get the money back regardless if you have a green card or not.

We used to process 50 returns every Monday at the American Embassy in Lisbon during tax season. Since the Embassy does not have this service anymore, there are many that do not file now and are losing money that belongs to them. Call the American Embassy and ask them who is doing the taxes now and get their name and phone number and call them. This is your money and you are entitled to have it in your pocket, not in the IRS bank account.

JEAN DANIEL, Estoril

Ref. John Clare's letter 'Budgets? What budgets?' - 9th Oct.

SIR, John Clare asks, "Is there anyone out there who passed A-level maths who could help out the hopeless idiots in government?" A simple 0-level would suffice. There is a very simple measure indicating government spending profligacy or prudence. Government expenditure expressed as a percentage of GDP. The Blair/Brown governments over 13 years increased expenditure from Mrs. Thatcher's low of around 36% to over 46% today. Events since the war in Britain show the 'tipping point' toward recession is between 38% and 40% of GDP. Events abroad would influence this point but is relevant in the long term. Other measures include the national debt, where governments cowardly spend more than they wish to raise in taxes.

In the 1980's when the then government actually reduced taxes, both for the individual and business, tax revenues increased such that cuts in government spending were by no means as severe as is generally believed. Indeed, over the decade real expenditure increased. (Definitely a big mistake!)

It is my opinion that government spending should never be allowed to exceed 30% of GDP. With a substantially lower taxation the increased revenues that would result during a growing economy should be set aside for future downturns in the economy to pay for the necessary benefits for people in temporary financial distress and to pay off the national debt.

This means vast numbers of state employees will be transferred to the wealth creating private sector. It will also require an end to the burgeoning welfare state and a return to a spirit of self reliance. I cannot state this strongly enough, the welfare state must be pruned hard and a re-evaluation of what constitutes genuine need and distress and what measures are necessary to render that distress temporary conducted.

John Clare was writing about the situation in Portugal but the same remedy is required of any social democratic state. Trouble is, has anyone the courage, political clout and democratic mandate to carry it through?

ROBERT PRITCHARD, Silves

Portuguese for All

Emília Rosendo

Today's lesson deals with the formation of the *Presente do Conjuntivo* (Present Subjunctive) of irregular verbs *conseguir*, *poder* and *ler*.

	CONSEGUIR	PODER	LER
eu	consiga	possa	leia
tu	consigas	possas	leias
ele			
ela	consiga	possa	leia
você			
nós	consigamos	possamos	leiamos
eles			
elas	consigam	possam	leiam
vocês			

⑤ Finish each sentence with the remark which follows. Use *Presente do Conjuntivo*, as in the example below.

❖ O livro que o professor recomendou é tão grande e difícil! Duvido muito que (os alunos/ o)/ ler os alunos o leiam até ao final do mês.

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THIS LESSON:
Verbs "conseguir",
"poder" and "ler" in
Presente do Conjuntivo.

a) Nós fazemos parte de um clube de leitores. Espero que (nós/ ler) bons livros.

b) Eu não ouvi o despertador esta manhã e, por isso, atrasei-me. É provável que (eu/ não conseguir) chegar a horas ao trabalho.

c) Hoje ainda há muito que fazer no escritório! Não acredito que (alguém/ poder) sair antes das 4 sem ter um motivo muito válido.

d) A porta está trancada e a fechadura está encravada. Talvez (ninguém/ conseguir) abrir a porta sem a arrombar.

e) As crianças já estão deitadas e querem que (tu/ (lhes) ler) uma história.

f) Nós temos uma dúvida em relação a verbos e esperamos que (você/ (nos) poder) ajudar.

g) O Rui esqueceu-se dos óculos em casa e, por isso, quer que (eu/ (the) ler) a mensagem que acabou de receber no telemóvel.

h) Está a chover tanto! Talvez (eles/ não poder) ir hoje à tarde ao parque.

i) Vocês estão de castigo, meus meninos! Duvido imenso que (vocês/ poder) jogar futebol ou computador nos próximos dias.

Completed exercises can be corrected either by scanning the hardcopy onto your computer or copy and download exercises from our online pages at: www.theportalnews.com. Send it/them as an attachment(s) via e-mail to: lessons@theportalnews.com. Emília Rosendo will then correct and return to your e-mail address.

Laptops Overheating

Laptops take a bunch of high-performance computer hardware and cram it into a tiny space. This, of course, can cause some heat problems if a laptop's cooling is not running at 100%. In this article we shall take a closer look at laptop operating temperatures.

Laptops cram the power of a desktop computer into a chassis that is roughly a quarter of the size of your typical desktop computer. This, of course, is what makes a laptop portable. But cramming so much hardware into a small space has some disadvantages, and laptop operating temperatures is one of them.

Generally speaking, a laptop has a much harder time shedding excessive heat than a desktop, and is much more sensitive to environmental factors. For example, it isn't very likely that you'll end up roasting your desktop computer because it was sitting on a blanket, but you just might do that if you try to use your laptop on your lap on a cold winter's day.

Many users wonder just how hot their laptop can get before it becomes dangerous and also how they can monitor the temperature of their computer. This article will provide easy-to-understand information about laptop operating temperatures.

How High Can Laptop Operating Temperatures Go?

Laptops consist of numerous components that are sensitive to heat. The most sensitive components are the processor (CPU), the GPU (Graphics Processing Unit) and the motherboard (particularly the Northbridge and/or Southbridge).

The maximum operating temperature of these components can vary significantly, but those maximums are not something that we want to have to deal with anyway, as exceeding them will almost certainly result in component failure. Long-term reliability issues and data corruption can take place at far lower temperatures.

For processors, a temperature of higher than 70 degrees Celsius is a

problem. A temperature of over 80 degrees Celsius is a sign that you should immediately stop using the laptop. These rules can be extended to motherboard components (however, many laptops don't have sensors that track motherboard temperatures).

GPU's can often tolerate higher temperatures, sometimes near 100 degrees Celsius. It would be preferable for the temperature to never reach beyond 80 degrees, but high-end gaming laptops are almost guaranteed to report very high GPU temperatures during normal operation.

What Causes High Laptop Temperatures?

Improper usage is probably the most common cause of high laptop operating temperatures. Because laptops are small there is less space inside them and on their exteriors for fans and vents. Many laptops have only one major fan vent, often located on the left or right side. Accidentally blocking this vent can cause problems. High laptop operating temperatures can also be caused by using a laptop on a surface that is an insulator. The "lap" in laptop implies that you should have no problem placing it on your lap, but that isn't always the case. A blanket-covered lap is terrible for a laptop's health.

Design flaws can also cause laptop operating temperatures to rise. If you're reusing a laptop on a simple wood, metal or plastic desk with the vent free of obstruction and you still see high temperatures it may be because something is wrong inside the laptop. Try searching support forums for your

laptop to see if other users have the same problem. Also call customer service to see if they will fix the problem under guarantee (they should).

Clogged laptop vents - If a laptop is old, chances are it might have accumulated a lot of dust and lint that clogs up the laptop's air vents. Heat emitted by the laptop's CPU (Central Processing Unit) and other components cannot escape therefore causing the laptop to heat up very quickly and eventually causing the laptop to stop functioning completely.

A malfunctioning laptop internal fan - Laptops are similar to a car's engine. If the cooling fan is not working properly, the car will experience overheating. The same is true with laptops and a malfunctioning fan will cause the laptop to overheat.

How to view your Laptops Temperature

If you'd like to track the temperature of your computer you will need to download and install a third party program that is capable of doing so. There are a couple of programs that can do this.

The most popular program for monitoring operating temperatures is SpeedFan (<http://www.almico.com/speedfan.php>), a program that provides information about both temperature and fan speed. SpeedFan typically reports information from all of the heat sensors in a laptop including those that watch the processor, the GPU and other components. This makes it a solid all-in-one solution.

Another commonly used program is PC Wizard (<http://www.cpubid.com/software/pc-wizard.html>). This program is a utility that provides in-depth information about all of your computer components. The included temperature section can provide readings from all available sensors. PC Wizard is not a dedicated temperature monitoring program - it also performs many other functions - but it is accurate nonetheless.

Resolving High Laptop Temperatures

If you seem to be encountering a problem with your laptop's temperature then you will need to take steps to resolve the issue as quickly as possible. Modern computer components are astoundingly capable of dealing with high heat, but excessive heat can gradually reduce the lifespan of components and can lead to errors or unexpected reboots.

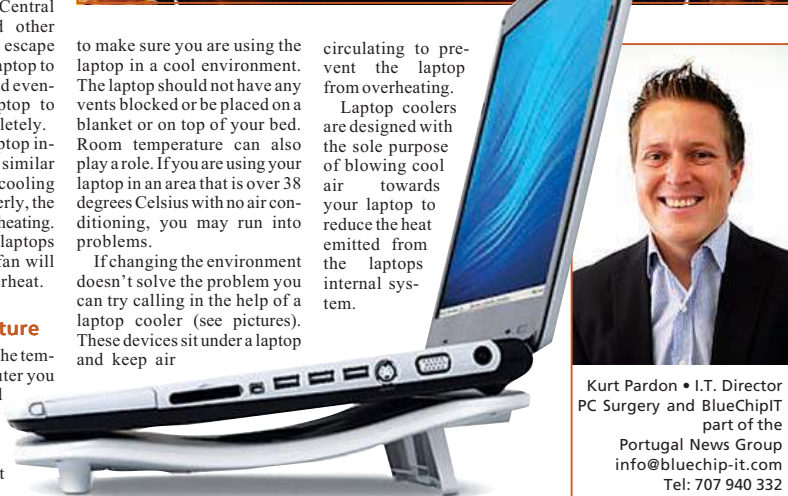
The first step in that was suggested earlier in this article was



to make sure you are using the laptop in a cool environment. The laptop should not have any vents blocked or be placed on a blanket or on top of your bed. Room temperature can also play a role. If you are using your laptop in an area that is over 38 degrees Celsius with no air conditioning, you may run into problems. If changing the environment doesn't solve the problem you can try calling in the help of a laptop cooler (see pictures). These devices sit under a laptop and keep air

circulating to prevent the laptop from overheating.

Laptop coolers are designed with the sole purpose of blowing cool air towards your laptop to reduce the heat emitted from the laptop's internal system.



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NORTH

DANCE

Dança de la Muerte until Sunday, October 17th at Cornucópia Theatre in Porto from 9.30pm.



Lord of the Dance

Lord of the Dance until October 17th at Coliseu dos Recreios.
At Coliseu do Porto from October 21st until 24th.

EXHIBITIONS

Unrest at Casa da Animação in Porto until October 16th. Call 225 432 770.

The Human Body at Congress Centre of Alfândega in Porto until October 31st.

Diaphragma at MCO Contemporary Art in Porto until October 25th. Call 225 102 328.

1990 - 2010 Publicações de Artistas at Museum Serralves in Porto until November 7th. Call 226 156 500.

Warhol TV at Berardo Modern and Contemporary art museum until November 14th.

It's Not My Fault sculptures at Berardo Modern and Contemporary art museum until January 9th.

Let's Talk About Houses Berardo Modern and Contemporary art museum until January 16th January 2011.

Fragments at Berardo Modern and Contemporary art museum until January 23rd 2011.

MUSIC

Lloyd Cole on Tuesday, October 19th at Teatro Acar Gil Vicente in Coimbra.

Walter Benjamin & Márcia on Saturday, October 16th as part of the Placo Optimus at CC Olga Cadaval from 9.30pm.

OuTonalidades until December 18th at Estarreja Cine-

Teatro in Porto. Call 234 811 300.

Hauschka on Friday, October 22nd at Maria Matos Municipal Theatre from 10pm.

THEATRE

Festival Suggia at Casa da Música in Porto until October 16th. Call 220 120 220.

Hedda at São Luiz Municipal in Porto theatre until Saturday, October 17th from 9pm.

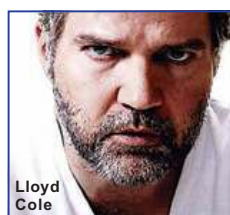
Déjà-Vu at CACE Cultural Centre in Porto until Tuesday October 19th. Call 225 191 600.

Duet for Me at Teatro Nacional de São João until October 24th.

The river Guardian at Palmilha Dentada Theatre in Porto until December 3rd. Tickets: €10.

Vem aí a República at Teatro Vilarinha in Porto until October 29th. Tickets from €5. Call 226 108 924.

Encalhadas at Teatro Villaret in Porto until October 30th.



Lloyd Cole

CENTRE

CHILDREN

Mad Creatures on Saturday October 16th at Gulbenkian Foundation auditorium in Lisbon from 2.30pm. Entrance €7,50.

Two fingers of talk on Sunday October 17th at Gulbenkian Foundation auditorium in Lisbon from 11.30pm. Entrance €7,50.

Knowing the Universe until October 29th at International Environment Centre in Pedra do Sal. Call 214 815 924.

Family concert with Master Pedro puppet show on Friday October 22nd at Gulbenkian Foundation auditorium in Lisbon from 7pm. Entrance €6.

COURSES

Cave climbing on Sunday October 17th at Gruta de Alvide in Cascais. Cost €5.

Surf classes on October 18th at Praia dos Cascais. Cost €5.

DANCE

Experimento 2 with Sofia Fitas on Saturday October 16th at CCB in Belém in Lisbon from 7pm. Tickets from €5.

EXHIBITIONS

Acreção by Samuel Rama at Galeria111 in Lisbon until November 6th. Call 217 819 907.

Paulo Ossião Paintings at Estoril Casino until November 2nd. Call 214 667 700.

Urbano until November 6th at Galeria111 in Lisbon. Call 217 977 418.

Let's talk about houses architectural exhibition until January 16th 2011 at Cascais Cultural Centre.

School at Gulbenkian Foundation in Lisbon until December 19th. Entrance is free.

Res Publica at Gulbenkian Foundation in Lisbon until

January 16th 2011. Entrance €4.

A Retrospective by Victor Willing at Fundação Paula Rego in Cascais.

Professores diverse exhibition by several artists at Gulbenkian foundation in Lisbon until January 2nd 2011. Entrance €4.

Century XXI until February 27th at Arte Centre in Oeiras. Call 914 111 400.

LITERATURE

Eduardo Prado Coelho Day on Sunday, October 17th at CCB in Belém in Lisbon. Free entrance.

MUSIC

Das Rheingold on Saturday, October 16th at Gulbenkian Foundation auditorium in Lisbon from 6pm.

Schostakovich Ensemble on Saturday, October 16th at CCB in Belém, Lisbon from 9pm. Tickets from €10.

Piano cycle on Sunday, October 17th at Gulbenkian Foundation auditorium in Lisbon from 7pm.



Schostakovich Ensemble

SPORT

Cascais Dragon Winter Series on October 22nd until 24th at Baía de Cascais.

SOUTH

DANCE

Belly Dance on Saturday, October 16th from 3pm to 6pm at Quinta da Calma in Almancil. €20 to take part. Call 289 393 741 to confirm.

Michael Jackson Tribute at Praia da Rocha Casino on Saturday, October 16th. At Vilamoura Casino from 9pm from October 18th until October 31st.

Dança Terpsicore Sixth anniversary gala at Teatro das Figuras in Faro on Saturday, October 16th from 9.30pm.

Hotango the ultimate Tango show. At Lagoa Parçal Congress Centre Tuesday, October 19th from 9.30pm. At Teatro das Figuras on Wednesday, October 20th from 9.30pm. Tickets from €27. Call 289 888 100.

Essence of Images paintings by Nathalie Guerreiro at Casa da Cultura in Loulé until October 22nd.

Algarve Animals sculptures and paintings by Sylvain Bongard & Tara Esaguy Cohen

Convent São José in Lagoa until October 30th. Call 282 380 434.

Almadena exhibition of painting/photography competition from 11am to 4pm also sale of art & crafts on Saturday, October 16th.

Almadena Social Club, near Lagos. Free entrance. Call 969 078 620.

Eduardo Dias Paintings at São Brás de Alportel gallery until October 30th.

We are fighting Poverty. What about you? Photographic exhibition at Convent São José in Lagoa until October 31st. Call 282 380 434.

Atelier Pique Show at the Lagoa art school until November 2nd. Call 282 380 462.

Stela Barreto paintings at Chá d'Arte in Loulé until November 4th.

Ilha dos Imortais Teresa Trilgals and Zoran Vestigios at Convent São José in Lagoa until November 10th. Call 282 380 434.

Flowers and More by Gudrun Witt at Convent São José in Lagoa until November 10th. Call 282 380 434.

Rui André at Santo António gallery in Monchique until November 11th. Call 282 913 130.

Cork Sculptures by Dorneles and Lúcia Silva at São Brás de Alportel gallery until November 15th.

Paintings by Ana Cassiano, Daniela Laginha and Pierre Chevron at Déjà Vu in Ferragudo gallery until November 20th. Call 912 876 646.

The Moment paintings by Romy at Praça do Mar Art gallery in Loulé until November 21st.

Shintaro Nakaoka at São Lourenço Cultural Centre in Almancil until December 1st. Call 289 395 475.

Golf Stream at Vilamoura Estrada de Albufeira, Aldeia Hípica until December 12th. Free entrance.

100 Anos da 1ª Republica em Tavira at the Music Academy of Tavira. On going until December 31st. Call 281 320 500.

Ten Monumental British Sculptures exhibition at Cerro da Vila Roman Archaeological Centre in Vilamoura until December 31st.

MUSIC Godai Blues, Jazz and Bossa-Nova fuses with Rock n' Roll at Lethes Theatre in Faro on Saturday, October 16th. Tickets: €5.

Concert for Manuel Teixeira Gomes on Saturday, October 16th at Tempo theatre from 9.30pm. Tickets: €15. Call 282 402 475.

The Birth of the Baroque in Portugal on Saturday, October 16th at Igreja do Carmo in Tavira from 9.30pm. Call 282 320 500.

Jazz with Everything on Saturday, October 16th at Lagos Cultural Centre from 9.30pm. Call 282 770 450.

Café Inglês Saturday, October 16th Tuniko Goulart from 8.30pm. Beto Kalulu on Sunday, October 17th from 3pm.

Javier Orti at São Brás museum on Sunday, October 17th from 5pm.

Warm Autumn Evenings Café concerts (Fado and more) at TEMPO in Portimão on Friday, October 22nd from 10pm.

Horia Vacarescu (Violin) on Wednesday, October 20th and Saturday, October 23rd at São Lourenço Cultural Centre from 7.30pm. Call 935 086 365 or visit www.algarvejazz.com.

Susana Travassos on Friday, October 22nd at Albufeira auditorium from 9.30pm. Call 289 599 500.

12th Music Festival around Loulé from 9.30pm until October 23rd.

New Orleans Jazz at Casa Inglesa restaurant in Portimão every Thursday. Every Saturday at Tivoli Hotel in Lagos from 8.30pm. Call 935 086 365 or visit www.algarvejazz.com.

SPORT **Portugal Masters** at Oceânico Golf Course in Vilamoura until Sunday, October 17th.

Algarve Historic Festival Car Show on Sunday, October 17th at **Portimão autodromo**. Call 925 446 084.

Bowls Crown green and lawn bowls at Amendoiira. Crown Monday & Thursday lawn Friday. Start 10am. Non members €8. Call Peter Clarke 966 169 747, Peter Moss 961 165 478.

THEATRE **Lights Out** Benef'Actors play at Lethes Theatre in Faro on October 26th and 27th from 8pm and October 28th at pm. Tickets: €12 for adults and students €7 (donated to charity). Call 963 871 494 or 912 294 513 for reservations.

A Singular Man on Saturday, October 26th at Albufeira Municipal Auditorium from 9.30pm. Call 289 599 500.

D. Quixote at São Brás de Alportel theatre until October 24th.

FAIRS **Partridge Fair** until Sunday, October 17th at Alcoutim pavilion, from 10am to 6pm. Call 281 540 500.

Santa Iria Fair until October 24th at Largo S Francisco in Faro, daily from 3pm until midnight. Call 289 803 711.

CARBOOT SALES **Albufeira** opposite Calicoes market, Saturday October 16th.

Silves near Fissul and Modelo, Saturday October 16th.

Portimão fairground, Sunday October 17th.

São Brás de Alportel near Poeta Bernardo Passos school, Sunday October 17th.

MARKETS **Loulé** near convent, Saturday October 16th.

São Brás de Alportel fairground, Saturday, October 16th.

Tavira fairground, Saturday October 16th.

Vila Real Santo António fairground, Sunday October 17th.

Aljezur next to kindergarden, Monday October 18th.

Silves near cemetery, Monday October 18th.

Albufeira Calicoes, Tuesday October 19th.

Quarteira Fonte Santa, Wednesday October 20th.

Alte at square, Thursday October 21st.

UP AND COMING CONCERTS

OCTOBER

MIKA, SEAN RILEY & THE SLOWRIDERS October 25th, at Praça da Canção, Coimbra from 9.30pm. Tickets from €20.

JANE MONHEIT October 30th at Vilamoura Casino from 10.30pm. Tickets: €60.

A JIGSAW October 30th at Portimão Municipal Theatre.

ELECTRIC WILLOW October 30th at Portimão Municipal Theatre from 10pm. Free entrance.

FEBRUARY **KATY PERRY** Feb 20th Campo Pequeno, Lisbon. Tickets from €25.

NOVEMBER **MICHAEL BUBLÉ** Nov 2nd and 3rd Pavilhão Atlântico, Lisbon, from 8pm. Tickets from €35.

SHAKIRA Nov 21st Pavilhão Atlântico, Lisbon from 9pm. Tickets from €35.

MACY GRAY Nov 23rd Aula Magna from 10pm. Hard Club in Porto from 10pm. Tickets €25.



MIKA

PINTO FERREIRA Nov 6th Os Artistas, Faro, from 10.30pm.

DAVE DOUGLAS Nov 9th Casa da Música, Porto from 10pm. Tickets from €25.

VAMPIRE WEEKEND Nov 10th Campo Pequeno, Lisbon, from 9pm. Tickets from €24.

RUMOURS OFFLEETWOODMAC Nov 9th at Coliseu, Porto from 9.30pm. Tickets from €25.

Carlos do Carmo & Count Basie Orchestra Nov 10th Pavilhão Atlântico. Tickets from €10.

INTERPOL Nov 12th Campo Pequeno, Lisbon from 9pm. Tickets from €30.

SHAKIRA Nov 21st Pavilhão Atlântico, Lisbon from 9pm. Tickets from €35.

MACY GRAY Nov 23rd Aula Magna from 10pm. Hard Club in Porto from 10pm. Tickets €25.



SHAKIRA

GOGOL BORDELLO Nov 24th Campo Pequeno, Lisbon from 9pm. Tickets from €23.

TONY CARREIRA Nov 26th & 27th Pavilhão Atlântico, Lisbon from 10pm. Tickets from €15.

ALICE COOPER Nov 29th Campo Pequeno, Lisbon from 9.30pm. Tickets from €27,50.

DECEMBER **DEFTONES** Dec 9th Campo Pequeno, Lisbon from 8pm. Tickets from €30.

LADY GAGA Dec 10th Pavilhão Atlântico, Lisbon from 8.30pm. Tickets from €50.

30 SECONDS TO MARS Dec 16th Pavilhão Atlântico, Lisbon from 8pm. Tickets from €28.

MGMT & Smith Westerns - Dec 18th Campo Pequeno, Lisbon. Tickets from €30.

DEFTONES



DEFTONES

FEBRUARY

SKUNK ANANSIE Feb 7th Coliseu, Porto from 9pm. Tickets from €25. Feb 8th Coliseu dos Recreios, Lisbon from 9pm. Tickets from €29.

THE SCRIPT Feb 14th Coliseu dos Recreios, Lisbon from 9pm. Tickets from €22.

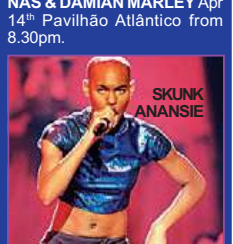
KATY PERRY Feb 20th Campo Pequeno, Lisbon from 8pm. Tickets from €25.

MARCH **KATIE MELUA** Mar 13th Campo Pequeno, Lisbon from 9pm. Tickets from €25,50.

ROGER WATERS Mar 21st & 22nd Pavilhão Atlântico from 9pm. Tickets from €40.

APRIL **NAS & DAMIAN MARLEY** Apr 14th Pavilhão Atlântico from 8.30pm.

SKUNK ANANSIE



SKUNK ANANSIE

TICKETS

Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@theportugalnews.com by Tuesday before publication.

Until October 22 - Pera - 8th International Sand Sculpture Festival: Theme: Living World - Open from 10h00 to 24h00 (15th September to 22nd October from 10h00 to 20h00) - Fiesa is located on the EN 524 road between Pera and Algoz (From EN125, at Pera cross-roads, follow the indication for Algoz).



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14 OCT-20 OCT



1

Wall Street 2

Michael Douglas, Shia LaBeouf
15.40-18.30-21.20 (00.20 Fri & Sat)

The Sorcerer's Apprentice

Nicolas Cage, Jay Baruchel

(13.10 Sat & Sun)

Marmaduke PV

Owen Wilson, Lee Pace

(10.45 Sat & Sun)

2

[Rec] 2

Manuela Velasco, Ariel Casas

16.55-22.00 (00.30 Fri & Sat)

Inception

Leonardo DiCaprio, Marion Cotillard

18.55

Vampires Suck

Matt Lanter, Ken Jeong

(10.30 Sat & Sun)

3

Eat Pray Love

Julia Roberts, Javier Bardem

(12.25 Sat & Sun) 15.20-18.15-21.10 (00.20 Fri & Sat)

Toy Story 3

Animation PV

(10.00 Sat & Sun)

4

The Owls of Ga'Hoole

Animation PV

(10.40 Sat & Sun) 13.20-15.30-17.50-20.00

Vampires Suck

Matt Lanter, Ken Jeong

22.10 (00.05 Fri & Sat)

5

The Town

Ben Affleck, Jeremy Renner

13.25-16.10-18.50-21.30 (00.15 Fri & Sat)

6

Charlie St. Cloud

Zac Efron, Kim Basinger

14.55-17.10-19.25-21.40 (23.55 Fri & Sat)

Cats & Dogs 2 - PV

Chris O'Donnell, Bette Midler

(10.30 Sat & Sun)

7

The Last Exorcism

Patrick Fabian, Ashley Bell

13.30-15.35-17.40-19.45-21.50 (00.00 Fri & Sat)

The Last Airbender

Noah Ringer, Dev Patel

(10.20 Sat & Sun)

8

Resident Evil: Afterlife

Milla Jovovich, Ali Larter

22.20 (00.30 Fri & Sat)

Shrek Forever After

Animation PV

(10.10 Sat & Sun)

Going the Distance

Drew Barrymore, Justin Long

17.55

Hot Tub Time Machine

John Cusack, Rob Corddry

15.35

The Switch

Jennifer Aniston, Jason Bateman

20.10

Dinner for Schmucks

Steve Carrell, Paul Rudd

13.05

9

Hachiko: A Dog's Story

Richard Gere, Joan Allen

(12.25 Sat & Sun) 14.25-16.35-18.45-21.00

Inception

Leonardo DiCaprio, Marion Cotillard

(23.20 Fri & Sat)

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14 OCT-20 OCT



1

Pandorum

Dennis Quaid, Ben Foster

13.40-16.10-18.30-21.25 (23.45 Fri & Sat)

The Owls of Ga'Hoole 3D

Animation PV

13.00-15.05-17.05-19.05

Resident Evil: Afterlife 3D

Milla Jovovich, Ali Larter

21.20 (23.40 Fri & Sat)

3

Going the Distance

Drew Barrymore, Justin Long

13.30

Charlie St. Cloud

Zac Efron, Kim Basinger

15.50-18.10-21.00 (23.30 Fri & Sat)

4

Vampires Suck

Matt Lanter, Ken Jeong

12.55-15.00-17.00-19.00-21.40 (00.15 Fri & Sat)

5

MacGruber

Will Forte, Ryan Phillippe

13.05-15.10-17.10-19.10

[Rec] 2

Manuela Velasco, Ariel Casas

21.35 (23.50 Fri & Sat)

6

The Last Exorcism

Patrick Fabian, Ashley Bell

13.10-15.15-17.15-19.20-21.45 (00.05 Fri & Sat)

7

Eat Pray Love

Julia Roberts, Javier Bardem

12.45-15.30-18.20-21.15 (00.00 Fri & Sat)

8

The Town

Ben Affleck, Jeremy Renner

13.20-16.00-18.40-21.30 (00.10 Fri & Sat)

9

Wall Street 2

Michael Douglas, Shia LaBeouf

12.50-15.40-18.25-21.10 (23.55 Fri & Sat)

CASTELLO LOPES CINEMAS

PORTIMÃO

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14 OCT-20 OCT



1

The Town

Ben Affleck, Jeremy Renner

13.00-15.50-18.40-21.30 (00.05 Fri & Sat)

2

Hot Tub Time Machine

John Cusack, Rob Corddry

13.40-16.10-19.00-21.50 (00.15 Fri & Sat)

3

The Switch

Jennifer Aniston, Jason Bateman

13.30-16.00-18.50-21.40 (00.10 Fri & Sat)

4

Going the Distance

Drew Barrymore, Justin Long

13.20

Wall Street 2

Michael Douglas, Shia LaBeouf

15.40-18.30-21.20 (00.00 Fri & Sat)

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Eat Pray Love

Julia Roberts, Javier Bardem

12.50-15.35-18.20-21.10 (23.55 Fri & Sat)

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The Owls of Ga'Hoole 3D

Animation PV

13.10-15.20-17.30-19.40

Resident Evil: Afterlife 3D

Milla Jovovich, Ali Larter

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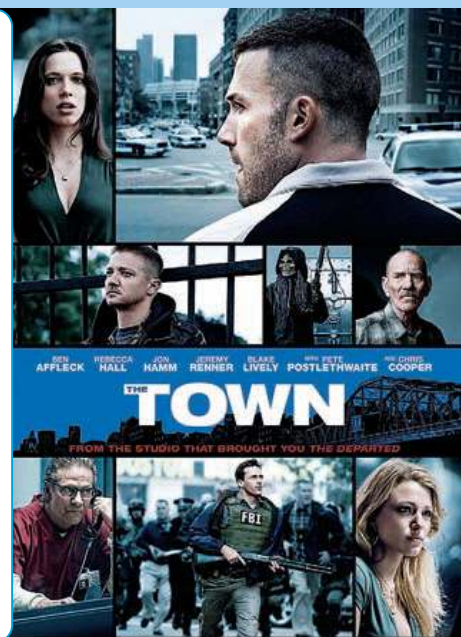
Title: The Town

Genre: Crime | Drama | Thriller

Stars: Ben Affleck, Jeremy Renner, Rebecca Hall, Jon Hamm, Blake Lively

Director: Ben Affleck

Synopsis: Doug MacRay is the leader of a crew of ruthless bank robbers, who pride themselves on taking what they want and getting out clean. The only family Doug has are his partners in crime, especially Jem, who, despite his dangerous, hair-trigger temper, is the closest thing Doug ever had to a brother. However, everything changed on the gang's last job when Jem briefly took a hostage: bank manager Claire Keesey. Jem gets nervous and wants to check out what she might have seen. Knowing what Jem is capable of, Doug takes charge. He seeks out Claire, who has no idea that this charming stranger is one of the men who terrorised her only days before. As his relationship with Claire deepens into a passionate romance, Doug wants out of this life. But with the Feds, led by Agent Frawley, closing in and Jem questioning his loyalty, Doug realises that getting out will not be easy and, worse, may put Claire in the line of fire. Any choices he once had, have boiled down to one: betray his friends or lose the woman he loves.



Title: Pandorum

Genre: Action | Sci-Fi | Thriller

Stars: Dennis Quaid, Ben Foster, Cam Gigandet, Antje Traue, Cung Le

Director: Christian Alvart

Synopsis: Two astronauts awaken in a hyper-sleep chamber aboard a spacecraft. It's pitch black, they are disoriented, and the only sound is a low rumble and creak from the belly of the spacecraft. They can't remember anything - who are they, what is their mission? The only way out of the chamber is a dark and narrow air shaft.

Corporal Bower, the younger of the two, crawls inside, while the other, Lieutenant Payton, stays behind to guide him via radio transmitter. As Bower ventures deeper and deeper into the ship, he discovers that he and Payton are not alone. Slowly the spacecraft's shocking and deadly secrets come unravelled, and the astronauts realise that the survival of mankind hinges on their actions.



Title: The Last Exorcism

Genre: Horror | Thriller

Stars: Patrick Fabian, Ashley Bell, Iris Bahr, Louis Herthum

Director: Daniel Stamm

Synopsis: When he arrives on the rural Louisiana farm of Louis Sweetzer, the Reverend Cotton Marcus expects to perform just another routine exorcism on a disturbed religious fanatic. An earnest fundamentalist, Sweetzer has contacted the charismatic preacher as a last resort, certain his teenage daughter Nell is possessed by a demon who must be exorcised before their terrifying ordeal ends in unimaginable tragedy.

Buckling under the weight of his conscience after years of parting desperate believers with their money, Cotton and his crew plan to film a confessional documentary of this, his last exorcism. But upon arriving at the already blood drenched family farm, it is soon clear that nothing could have prepared him for the true evil he encounters there. Now, too late to turn back, Reverend Marcus' own beliefs are shaken to the core when he and his crew must find a way to save Nell - and themselves - before it is too late.



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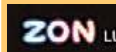
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www.zonlusomundo.pt



Film Classification

The Town - M/12

Pandorum - M/12

The Last Exorcism - M/16

The Owls of Ga'Hoole - M/6

[Rec] 2 - M/16

Charlie St. Cloud - M/12

The Boys Are Back - M/12

MacGruber - M/12

Eat Pray Love - M/12

Hachiko: A Dog's Story - M/12

Vampires Suck - M/12

Going the Distance - M/12

M/4 - Four years and over

M/6 - Six years and over

M/12 - 12 years and over

M/16 - 16 years and over

M/18 - 18 years and over

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Egsv

Medium

Hard



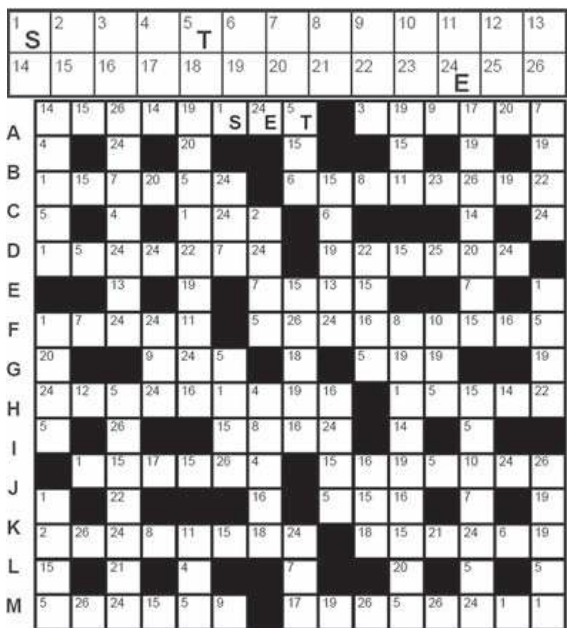
Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.



Last weeks solutions:

5	2	3	1	7	6	9	4	8	6	5	9	3	1	2	8	4	7	3	5	2	9	6	7	8	1	4
6	8	9	4	5	3	1	2	7	4	1	8	5	6	7	9	2	3	1	9	6	2	4	8	7	3	5
1	7	4	2	8	9	6	5	3	3	2	7	8	9	4	1	5	6	8	7	4	1	3	5	2	6	9
3	4	6	8	9	1	5	7	2	8	6	5	2	7	9	4	3	1	2	3	1	6	9	4	5	7	8
9	5	7	3	4	2	8	6	1	2	3	1	6	4	8	5	7	9	9	8	7	5	1	2	3	4	6
8	1	2	7	6	5	3	9	4	7	9	4	1	3	5	6	8	2	4	6	5	8	7	3	1	9	2
7	9	8	6	1	4	2	3	5	1	8	3	7	5	6	2	9	4	5	4	3	7	2	9	6	8	1
4	3	5	9	2	8	7	1	6	5	4	6	9	2	3	7	1	8	7	1	8	4	5	6	9	2	3
2	6	1	5	3	7	4	8	9	9	7	2	4	8	1	3	6	5	6	2	9	3	8	1	4	5	7

(Right: Last week's solution)

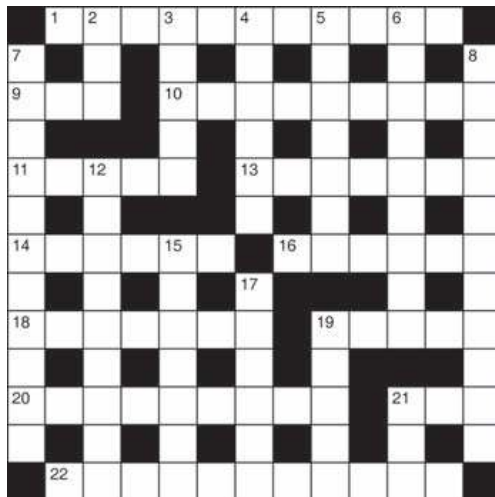


ACROSS

1. Home-life (11)
9. Vase (3)
10. Inanimate (9)
11. Slip (5)
13. Teams (7)
14. Stew (6)
16. Beast (6)
18. Ancestry (7)
19. Less (5)
20. Cheat (9)
21. Everybody (3)
22. Defilement (11)

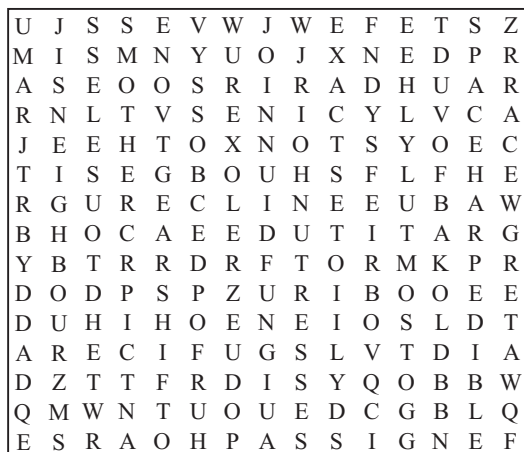
DOWN

2. Possess (3)
3. Best (5)
4. Examiner (6)
5. Business (7)
6. Dealer (9)
7. Credulousness (11)
8. Stupidly (11)
12. Mournful (9)
15. Fetter (7)
17. Area (6)
19. Worth (5)
21. Fuss (3)



Five archive editions of **The Portugal News** will be sent to the sender of the first correct solution drawn next Thursday. Solutions by post to: The Portugal News Crossword Nº 1083, Apt. 13, 8401-901 Lagoa, or by fax to: 707941201, or scan and e-mail to: becky@theportugalnews.com. (**Be sure to enclose your name, address and phone number.**)

Find the hidden words within the square. The word may start anywhere and go in any direction.



EDIBLE, FUNGI, ONE, SPACE, RACE, DADDY, TRESSES, HOARSE, ASSIGN, LOOK,
OUT, WATER, NEIGHBOUR, CUE, GRATITUDE, DUE, BOSSY, EXACTS, USELESS,
GEARSHIFT, HOLD, LINE, BRIEF, DRACONIAN, SMOTHER, UTMOST, WORST, COD

See if you can find 6 differences between the two photos.



Last week's solutions

Across: 1 Vast; 3 Pathetic; 9 Graphic; 10 Peril;
11 Registration; 13 Unfair; 15 Pedlar; 17
Friendliness; 20 Adore; 21 Evacuee; 22
Lengthen; 23 Sent.

Down: 1 Vigorous:

Hypothetical; 6 Turmoil; 7 Calm; 8
Chastisement; 12 Prospect; 14 Forlorn; 16
Adhere; 18 Exude; 19 Wail.

Last weeks winner: Mrs Savage, Southampton.

Last week's solution:



PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 16 Oct 2010

PROPERTY OF THE WEEK

Luxury eight-bedroom villa in Vilamoura



This week Property of the Week is pushing the boat out a little with a top-of-the-range, immaculately decorated, 8-bedroom, 7-bathroom 'Fully Furnished' detached villa situated in a quiet pine tree area located near the Hilton Hotel resort & Pinhal Golf Course.

This luxurious villa offers the highest quality fixtures and furnishings.

Alongside the eight bedrooms, seven bathrooms and beautiful pool and gardens, the villa also offers an additional 12-seat cinema room.

It is equipped with air-conditioning throughout and boasts a spacious, fully-fitted 'Miele' kitchen with separate utility room. From the kitchen and lounge areas there are patio doors

with access and views over the large swimming pool and landscaped gardens beyond.

Incorporated within this area is a covered terrace in which al-fresco dining can be enjoyed on those hot summer evenings.

This luxurious villa is in a great location and within only a five minute walk of the Hilton Resort's spa and various restaurants and bars. It is also with easy access to the marina and beach, via the tourist road train that stops nearby, meaning car hire is not essential.

This is a superb villa and early viewings are recommended.

It further comprises a hallway

with large marble staircase and chrome railings, a living room with textured wallpaper and patio doors overlooking the swimming pool and gardens, and utility room equipped with washing machine and tumble dryer (with direct access to garden).

All bedrooms are en-suite; the 12-room cinema boasts leather 'double seat' recliners and there is under-stair storage for golf clubs, amongst other little luxuries.

There is also under-floor heating, a video entry system and alarm for extra security, surround sound wall system, mosquito screens throughout, and a central vacuum system.

Outside the covered swimming pool is pre-installed for heating, there is an exterior guest toilet for swimming pool area, landscaped



gardens with automatic irrigation, electric entrance gates and a private garage for 3/4 cars.

This property, fully equipped and furnished, is priced at €2,200,000. For more information contact Silver Holidays Real Estate: (+351) 289 314 312, Fax: 289 314 260, email: info@silverholidays.com, or see website: www.silverholidays.com.



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**PICOTA - BOLIQUEIME**

Ref. TC102729

4.690 sq.m. plot with project approved to build a five bedroom villa with 400 sq.m. + basement. Stunning panoramic sea and country views. Excellent access. 15 minutes drive from Vilamoura and the beach. Completely secluded. Investment opportunity.

Price: € 400.000

**VILAMOURA - MARINA**

Ref. A71905

Top floor one bedroom apartment. 80 sq.m. In the centre of Vilamoura and only a few minutes walk to the beach. Private parking space for one car. Furnished and equipped. A/c. Stunning sea and Marina views. Excellent investment, guaranteed rentability.

Price: € 290.000

**VILAMOURA - 30% REDUCTION**

Ref. EA102798

Two bedroom apartment inside the Millennium Golf Course. Large green areas and pool. Areas from 112 sq.m. Top finishes. Fitted kitchen. Air conditioning. One en suite bedroom. Private parking space and storage. Great investment.

Prices from: € 228.000

**VILAMOURA**

Ref. A102843

Ground floor two bedroom apart between the Pinhal and the Old Course. 98 sq.m. of constructed area. Large green areas and two pools. Near all amenities. Furnished and equipped. Lounge with fire place. Private parking space for one car. Easy letting.

Price: € 175.000



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St. Amaro, LAGOS

130.000,00€ T1+ Loft

Ref. 03047



★★★★★

Lovely 1-Bedroom Apartment, Fully Furnished, Fireplace, Semi-Equipped Kitchen, Lock-up Garage. Excellent Sun Exposure, Large Terrace (Area: 100m2)

Luz, LAGOS

499.000,00€ T4 Villa

Ref. 12801



★★★★★

Beautiful 4-Bedroom Villa, Fully Furnished, Equipped Kitchen, Swimming Pool, Automated Garden Irrigation System, Electric Gates (Area: 280m2 + Land 1020m2)

St. Amaro, LAGOS

from 235.000,00€ T2 & T3 APART.

Ref. 1923



★★★★★

2 - 3 Bedroom Apartments, Enclosed Condominium, Underground Parking, Large Balconies with BBQ, has Exclusive Health Club, Swimming Pool, Jacuzzi ...

Ameljeira, LAGOS

120.000,00€ T2 APART.

Ref. 30036



★★★★★

2 Bedroom Apartment, 2 Bathrooms, Large Balconies Recently Refurbished, New Plumbing, with great Sun Exposure, Large Balconies ... (Area: 97m2)



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**Santa Catarina**

- Cottage style villa 2001
- Lovely views to coast
- 3 bedrooms 2 bathrooms
- Roof terrace
- Garden & terraces
- Villa 190m² plot 5.643m²

Ref. C1235 - **Reduced**
€ 295.000 to € 240.000

**São Brás de Alportel**

- Lovely traditional house
- Separate guest apartment
- 3 bedrooms 3 bathrooms
- U/floor heating, garage
- Infinity pool, lovely garden
- Bldg. 228m² plot 7.000m²

Ref. C1392
Price: € 750.000

**Salir**

- Old character cottage
- Renovated in 2006
- 3 bedrooms 3 bathrooms
- Beautiful country area
- Pool 7m x 3m, roof terrace
- Cott. 157m² plot 1.134m²

Ref. C1393
Price: € 250.000

**Olhão town centre**

- Character cottage
- Total renovation 2010
- 3 bedrooms 1 bathroom
- Feature domed ceilings
- Patio, roof terrace 100m²
- Cott. 100m² plot 100m²

Ref. V1396
Price: € 135.000

**São Brás de Alportel**

- Spacious new villa
- Pool & country views
- 4 bedrooms 3 bathrooms
- Air-co, solar heating
- Garage, terrace, garden
- Villa 250m² plot 1.000m²

Ref. V987
Price: € 495.000

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Large 4-bedroom villa beautifully located in a quiet neighb. w/ sunny bedrooms, nice rustic decoration inside. Surrounding area w/ garden, mature trees & panoramic views to the woods.
320.000 Euros



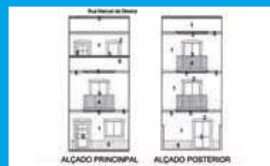
Magnificent 3-bedroom Villa w/ superb views to the Atlantic, sw. pool, garden & BBQ. Fantastic opportunity to have a detached first line property at walking distance to the beach.
450.000 Euros

Full address: Avenida Marginal, Edifício Infante I, Loja 5, 26i, 2460-096 São Martinho do Porto, Portugal

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Olhão
NEW PRICE 20% OFF! 4 bed villa with 300m2 plot and approx. 200m2 building, in a quiet urbanization. Plenty of natural light. Double lounge of 36m2 w/ a fireplace & indirect illumination, equipped kitchen w/ granite worktop & access to Patio w/ BBQ, a bedroom / office in ground floor. 1st floor has 3 bedrooms (1 en suite) w/ laminate flooring & access to balconies. Basement is very large w/ bathroom & fireplace. Facilities include A/C in some areas, heating in some bathrooms, alarm and double glazing.
Ref: 1942 Price: €225.000



Olhão
Townhouse in the centre from Olhão, the property has a approved project for a new built of three floors with an total of 130m2, 3 bedrooms, lounge, kitchen and outside patio. Also as renovation project suitable.
Ref: 2009 Price: € 56.000



Fuzeta - Olhão
Fantastic chance to buy an apartment with magnificent sights of Armona Island & natural reserve park of Ria Formosa. The Complex "Formosa Village" is in first front line to lagoons, and is characterized for its modern architecture, w/ special prominence for the garden & swimming pool area, about 200m of the village centre. This 2 bedrooms Apartment w/ ample living room, kitchen, 2 Bath/WC, terraces, private parking in garage, individual storeroom and pre-installed A/C. Each apartment is built w/ high quality finishing.
Ref: 1959 Price: € 199.500



Quatrim - Olhão
Large Old country cottage house implanted in a land with 1.600m2 area, situated close to Moncarapacho in a calm country location. The land is level and offers some trees. Water from a well and electricity are close by.
Ref: 2006 Price: € 80.000

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Vilamoura
Attractive one bedroom apartment composed of 1 bathroom, lounge with dining area, equipped kitchen, pantry and terraces. Parking space and storage in the basement. Communal swimming pool and garden area. Const. area - 70 sq.m.
Ref: A1395 Price: € 210.000,00



Quarteira
Apartment situated in front of the beach, composed of 1 bedroom, 2 bathrooms, dining room, living room, equipped kitchen, storage in the basement and terrace. Communal sw. pool and garden. Furnished. Const. area 130 sq. meters.
Ref: A1396 Price: € 220.000,00



São Brás de Alportel
Old cottage composed of 4 bedrooms, 2 bathrooms, 2 lounges, dining room, kitchen and storages. Various terraces & 2 parking spaces. Cottage in annexe composed of 2 bedrooms, 1 bathroom, lounge & kitchen. Plot area - 944 sq.m. Const. area - 294 sq.m.
Ref: C22346 Price: € 295.000,00



Boliqueime
Beautiful villa located in a quiet area, composed of 3 bedrooms, 3 bathrooms, lounge w/fireplace, dining room, equipped kitchen, storage & terraces. Double garage, barbecue, heated swimming pool & garden. Plot area - 1.345 sq.m. Const. area - 255 sq.m.
Ref: V12628 Price: € 695.000,00

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• Traditional cottage 1915
• Sympathetically restored
• Many original features
• 3 bedrooms 1 bathroom
• Barn/annex, garden
• Bldg 300m² plot 1800m²
Ref: C883
Price Reduced: € 385.000



Estoi
• Trad. character cottage
• Over 100 years old
• Partly renovated
• 2 bedrooms 1 bathroom
• Solar panels, many trees
• Cott. 170m² plot 27.200m²
Ref: C1355
Price Reduced: € 160.000



Santa Bárbara de Nexe
• Excellent building plot
• Lovely views to ocean
• Located north of village
• Good access
• Electricity close by
• Ruin 193m² plot 10.360m²
Ref: TR1378
Price: € 175.000



São Brás de Alportel
• Attractive villa near town
• Quiet area country views
• 3 bedrooms 3 bathrooms
• Pool 8m x 4m, terrace
• Garage, garden
• Villa 147m²
Ref: V1395
Price: € 365.000



Bordeira
• Attractive renovated villa
• Spectacular ocean views
• 3 bedrooms 3 bathrooms
• Pool 8m x 4m, terr. 48m²
• Landscaped garden, BBQ
• Villa 141m² plot 3.500m²
Ref: V1398
Price: € 385.000

Dunas Douradas voted 'Best Development Europe' at International Property Awards

Last month Dunas Douradas Beach Club scooped not one but three prestigious awards – 'Best Development Portugal', 'Best Interior Design Portugal', and best of all 'Best Development Europe' – at the International Property Awards prize-giving ceremony in London.



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A select number of leading property professionals across Europe and Africa have cause for celebration this week as the results of the world's most prestigious property competition have been revealed. Contenders and winners were invited to a high profile gala dinner at the Park Lane Hotel in London's Mayfair on September 24th.

During this event the results of the Europe & Africa Property Awards 2010 in association with

Bloomberg Television were released and up there amongst the winners was Dunas Douradas Beach Club. The company won the top award in the category of 'Best Development Europe' and highly commended in another category for 'Best Interior Design'. This double recognition shows the quality of this five-star resort, with its 132 premium apartments and eight villas for short or long-term rental, from which the few properties that are still for sale are being taken up quickly, even under the more recent, less-than-favourable market conditions.

Being voted 'Best Development Europe' was without doubt the icing on the cake.

Evy Ougendal, the CEO of Dunas Douradas Beach Club said of winning the awards, "This achievement is one of the most important recognitions we could ever expect and are proud, not only for our project but also for the Algarve with whom we share this recognition".

Dunas Douradas Beach Club adds these awards to the two it won last year in the different categories of Best Architecture and Best Apartment.

Much of the judging was carried out by the International Property Awards' esteemed panel of judges and entries were also outsourced to 50 leading experts. This year's judges included Ben Wood, industry head property markets of Google UK; Peter Bolton King, group chief executive of the National Federation of Property Professionals; Christopher Hall,

president elect of FIABCI; Thijs Stoffer, International Consortium of Real Estate Agents Association (ICREA); Fiona; Helen Shield, editor-in-chief of International Homes Luxury Collection magazine.

The jury considered the detailed attention that had been given to the resort planning, the architecture, not only on the exterior but also the interiors designed for modern living, the facilities and the services. Beautifully located within the Golden Triangle of the Algarve, rubbing shoulders with Vale do Lobo and Quinta do Lago, Dunas Douradas Beach Club offers a Clubhouse with Gym, Spa, exterior and interior Pools, Kids Club and an attractive variety of Bars and Restaurants.

The company responsible for the design of all sales and marketing materials (which is also judged) has been local design consultancy Atelier do Sul since day one, showing that Portugal can easily compete with the best of Europe in this area as well.

Later this year, Dunas Douradas Beach Club will compete against other winning companies to find the ultimate 'World's Best' in each category.

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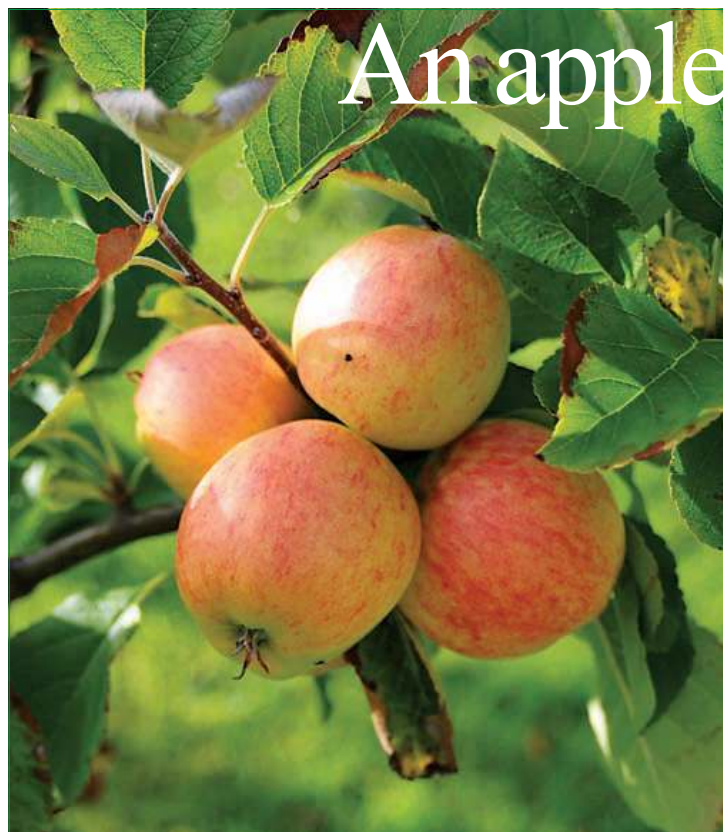
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An apple a day...



Hannah Stephenson gives tips on choosing, growing and maintaining apple trees.

Just one bite of a ripe, crisp apple picked straight off the tree should be enough of a mouth-watering experience to make most gardeners want to grow at least one variety in their own garden and just because we live in Portugal doesn't mean we can't grow apples here too.

Apples are the taste of autumn and apples are not difficult to grow and there are enough varieties to cater for virtually any amount of space you may have, even if you only have room for one in a container.

The RHS, whose festival A Taste Of Autumn runs from October 21-24, celebrating apples and other autumn produce with events at its four RHS gardens - Wisley (Surrey), Harlow Carr (Harrogate), Hyde Hall (Essex) and Rosemoor (Devon) - and hundreds of RHS recommended gardens around the UK, has now launched a new apple guide offering tips on choosing a variety, cultivation and troubleshooting.

Apples can be grown in a range of forms, including traditional open-centred trees, cordons (single stem with short side-shoots) and espaliers (trained to grow on

a flat plane, often symmetrical and against a wall or fence). You need to choose your tree according to the space available.

There is also a wide range of rootstocks, from dwarfing to vigorous, but for a medium-sized bush tree or a cordon, choose the semi-dwarfing M26 rootstock.

To crop well, apple trees also need pollination from another tree, so be sure to choose varieties from the same or a close pollination group.

Bare-root trees can be planted when dormant, from late autumn until early spring. Apples thrive in a well-drained soil, at least 60cm (2ft) deep. Add well-rotted organic matter before planting and mulch and water through the growing season until your tree is growing well. Apples prefer a sheltered, frost-free position in full sun, though providing they receive half a day's sunshine in the growing season they will tolerate some shade.

Once established, your apple tree will need very little care throughout the year, but a little love will go a long way to keeping it healthy. Keep it weed-free and water it during dry spells and

when the fruit starts to swell, particularly if it is newly planted or in a container.

In early spring sprinkle a balanced general fertiliser (such as Growmore) around the base. To ensure the best crop, prune the tree every year.

Apple trees can suffer from a variety of common problems such as brown rot, apple scab and other diseases, often derived from poor levels of calcium, erratic watering or wet summers. The RHS apple guide offers advice on how to alleviate these problems.

Most apples will be ready to pick sometime between August and October, depending on the variety. As with most fruit, the obvious way of testing if an apple is ready for picking is to taste it. The other telltale sign is if there are a few lying on the ground around the tree (called windfalls). The fruit should have swelled to a good size and started to colour up.

Full details of how to grow your own apples and other fruit and vegetables can be found on the RHS website at www.rhs.org.uk/Gardening/Grow-Your-Own.

Good enough to eat - Pumpkins

With Halloween around the corner, gardeners will be harvesting pumpkins to make into spooky lanterns or to add texture and flavour to pies, soups



and hearty casseroles. They need more space than courgettes so are ideal for growing on an allotment, but sow indoors singularly in 9cm pots at around 13-15C in spring - hardening them off before planting out.

Pumpkins are susceptible to frost so you're best off covering them with cloches when you first plant them out. They should be planted in full sun to help them ripen. Once they are established, 'stop' trailing winter varieties by pinching out the tips and sideshoots beyond the fruit so they fo-

cus their energies on two or three fruits per plant and remove later flowers or fruit. Also, at the final stages, remove leaves to allow the sun to ripen the pumpkins and sit the fruits on straw to help dry out the bottoms. Once you have harvested them, store the fruit somewhere warm for a couple of weeks to enhance the flavour and help prolong storage. They can then be put into a shed or garage until you need them.

Good varieties include 'Jack O'Lantern', which is ideal for carving at Halloween, and 'Baby Bear', which is delicious in pies and smaller than traditional pumpkins.

Gourmet crops on a budget

Hannah Stephenson gives us tips on how to grow gourmet vegetables economically so get prepared for next year.

When you pick up your fine beans which have been flown all the way from Kenya, do you consider the air miles and freshness of the produce?

Similarly, do high prices of gourmet veg steer you away from items such as artichokes, pattypan squash and tenderstem broccoli?

With this in mind, Which? Gardening, the Consumers' Association magazine, trialled 22 expensive-to-buy or unusual vegetables which will all grow without protection and produce reasonable yields.

The veg, planted in the summer of 2009, were grown in designated blocks, so researchers could work out the value of the crop by the square metre, compared with the price of each vegetable in the supermarket.

Some gourmet crops are so unusual that you won't generally find them in the shops - think purple carrots, yellow beetroot and round courgettes - and yet it's possible to grow them all economically.

Triallists grew the courgette 'Floridor', which bears round yellow fruits and should produce up to 30 round courgettes a year if picked regularly. Courgettes



should be sown indoors in April to May, planted out May to June and harvested throughout the summer, until October.

Fine beans are expensive as they are mostly grown abroad and flown in, but in this country you can have a summer crop for far less money. In the trial, 'Safari' - a typical fine dwarf French bean - was grown. They are quick to grow, typically taking 10-12 weeks from sowing to harvest, and produce a lot if you continue picking the pods. It's worth making successional sowings so you can harvest the beans through summer and autumn.

Other veg which were worth the work included Jerusalem artichoke 'Fuscau'. You only need to plant a couple of tubers to produce a good harvest, but remember it's a perennial and if you leave any part of a tuber in the ground it will re-grow. The tall plants may need support in windy gardens.

Beetroot, spinach, Florence fennel, Kale 'Cavolo Nero', an old variety, watercress and 'Banana' shallots, a seed-sown variety producing a single large bulb with a very strong flavour, all fared well in the trial, producing harvests which were much more economical than buying the produce from supermarkets.

Only three crops failed to live up to expectations, with researchers rating them poor value for the space they occupied. Grown in the same way as conventional cauliflowers, Romanesco cauliflower produced very small heads and were only marginally cheaper to grow than if you bought them in the shops.

Globe artichokes and sea kale also proved disappointing for the space they take up, although the artichokes made spectacular ornamental plants.

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Best of the bunch - Physalis (Chinese Lantern)

These dainty-looking perennials, also known as winter cherries, are grown mainly for their unusual decorative orange-red, lantern-shaped seedheads which encase the edible fruits and appear in autumn. They like to be planted in shady, dry areas under trees and shrubs where little else will grow, rather than in borders where they can spread rapidly and over-run neighbouring plants with their roots. Many gardeners also harvest the lanterns for indoor decoration, cutting the fruiting stems as they turn to orange and hanging them upside down in an airing cupboard to dry. Popular varieties include P. alkekengi 'Franchetii', while named varieties such as 'Gigantea', which grows to 90cm (3ft), and 'Variegata', with its variegated foliage, are more difficult to find, but may be available from specialists.

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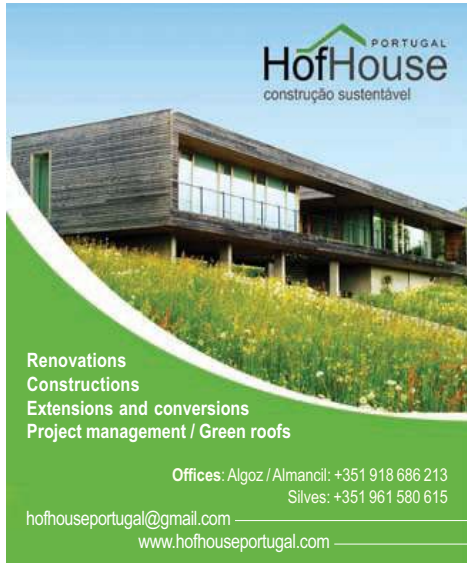
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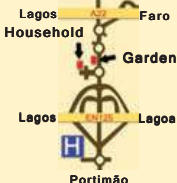


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Jamie makes time for the family

Jamie Oliver is hoping to change the way people cook with his new book and television series Jamie's 30 Minute Meals.

The celebrity chef talks to Lisa Williams about why there's no excuse for getting in the takeaways and why he needs to cook quickly now he's got four children. Please note, this feature will not include recipes but details on how to obtain them will be supplied.

Jamie Oliver could do with some time-saving tips now he's dad to four children under the age of ten.

The latest addition to his family is baby Buddy Bear, who arrived just last month and who is the first boy to be born after his three big sisters.

"We're a proper clan now so you've got to keep your eyes peeled," says a rather breathless-sounding Oliver.

Although he admits that during the week much of the

childcare and housekeeping is managed by his wife Jools, his ever-expanding brood has inspired his latest food idea.

This autumn, Oliver is launching a new TV series with accompanying book called Jamie's 30 Minute Meals.

His aim is to offer up tried and tested instructions on how to create a range of delicious dinners - complete with side dishes, drinks or pudding - in just half an hour.

"I really think it can change the way people cook for the rest of their lives," he says, audibly brimming with enthusiasm.

"To me, the great thing about 30 Minute Meals is that every meal looks pretty, and the personality of the dishes is quite abrupt and in-your-face. It's quite bold and exciting."

Oliver - who says if he hadn't become a chef he'd be "something else which involved me hands" - argues that an impres-

sive meal can be made in the same time it takes to order and wait for a pizza.

"I'm not anti-takeaway, I just think the problem with the food industry isn't that we have all this wonderful choice, the problem is there are massive proportions of people basically growing up and only living on certain options, like fast food," he says.

"I get the odd pizza or takeaway curry but it's not very often, because there's always food in the fridge, it's much less hassle and it works out cheaper to do it yourself."

Oliver's direct approach is obvious in the wording of his recipes and how he talks to viewers.

"I'm not doing the show or the book to be people's best friend," he states. "It's not like, 'You could do this'. It's like, 'Do this, this happens' so I'm much more of a drill instructor in this."

"But I've already seen how it empowers people to get among it and approach their kitchens in quite a creative and aggressive way, and I think that's the trick in 2010. It's a busy book for busy people."

The 35-year-old chef is asking people to declutter their kitchens, to keep their most useful equipment to hand and to make the most of electrical appliances such as kettles, food processors - and even the microwave.

"I've never done microwaves in a show before but we'll do something clever with it, which will hopefully make people go, 'A-ha!'" he says.

The recipes, which include Peri Peri Chicken, a Moroccan feast and even a full Roast Dinner with Yorkshire Puddings and Gravy, also make the most of shortcuts such as ready-made pastry and tinned fruit.

But worry not, the Essex lad hasn't turned his back on the healthy ingredients, high quality cuts of meat, fresh herbs and 'good lug of olive oil' which have characterised his cooking so far.

The chef burst on to the scene in 1999 with trendy television series *The Naked Chef*, after being spotted at work at The River

Cafe in South London.

His infectious personality and fun, unfussy food made him rise up the ranks to become one of the nation's most popular celebrity chefs, a position he's since used to campaign for healthier school dinners.

More recently he travelled to America to attempt to tackle the obesity crisis. Although his stance was criticised by some critics across the pond, he remains cheerful and dedicated to the cause.

But while his latest book and TV series definitely remain true to Oliver's ideals, the 30 Minute Meals concept also reveals a more personal side to the chef.

One of the recipes featured in the book is for Jools' Pregnant Pasta, a dish which a hassled Oliver created after coming back late from work to discover his wife - pregnant with their youngest daughter Petal - hungry and craving Spaghetti Bolognese.

"Bolognese obviously needs a couple of hours blipping away, so I had to come up with a way that delivered the flavour and the tenderness and all that sort of stuff in half an hour. That's why we've had to be a little bit clever and used the sausages instead of mince. The flavour is slightly different but the end product is brilliant and I've probably cooked it for her 16 times," he says proudly.

As well as creating delicious dinners, there's also a focus on presentation in 30 Minute Meals, with ideas on how to lay the table for an enjoyable and sociable meal.

Oliver thinks it's important for families and friends to eat together in this way: "Most of my sitting down with the family happens at the weekend. I don't really see my kids during the week that much, to be honest. I wish I could but I think I'm probably the same as most dads," he says.

"Sixty five per cent of women work now as well, so everyone feels a tiny bit guilty, and feels that they could do better, so any excuse to get around the table, even a couple of days a week is great."

Culinary Moments at the 'Ocean' for the Chaîne des Rôtisseurs !

The luxury restaurant "Ocean" in Vila Vita Parc was the venue for another memorable dinner organised by the Algarve Bailliage of the Chaîne des Rôtisseurs.



Chef Hans Neuner, Kurt Gillig (General Manager Vila Vita) and Jean Ferran (Bailli of the Algarve Chaîne)

Having braved the heavy rain, 35 members and guests shared "Culinary Moments", a special and complex menu prepared for the Chaîne by Chef Hans Neuner.

The food was outstanding as usual, and the Portuguese and French wines selected by the Ocean's sommelier Nelson Marreiros were a perfect match for each of the seven delicious courses.

The next event of the Chaîne will be the Grand Chapitre of Portugal with the annual Gala Dinner and Ball at the Ritz in Lisbon on October 30th.

Contact Dr. Jean Ferran, 282 912 822 for information.



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Rib Shack's owner Faye, has travelled the globe to try different types of cuisine, from Asia to Mexico, Africa and the Americas... but, we ask: what makes Ribs so special?

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We then take a closer look at the menu and find other specialties, like Buffalo Wings, with that spicy yet flavourful sauce, Shack's burgers are undeniably the tastiest I have ever tried... and that is not all, adding a world touch to the menu, are the

Middle-Eastern and Mexican starters. The truth about Rib Shack, is that whatever it serves is properly done and made with the best quality ingredients. You may have to wait a little, but you know it's because everything is made from scratch.

Also on the menu, Guacamole, Quesadillas, Falafel, Hummus, Kefta... Mmmm... So even if you are a vegetarian, at Rib Shack you can also enjoy a wonderful meal indoors or al fresco.

Other helpful notes, there is good parking available and a child friendly esplanade. Rib Shack

also does take away, and hosts parties up to 40 indoors.

Upcoming event for those of you who enjoy Blues music, Rib Shack bring to you "Monkey Mind Music" band who will play some of your favourite Blues tunes of all time! Starting 8pm Wednesday 20th Oct, call 966 553 562 or email ribshack.pt@gmail.com to reserve your table. Other events to take the stand soon, so stay tuned. If you would like to get more information on Rib Shack google up or visit their website at www.ribshackalgarve.com. Please note that the number in our index section is now correct.

Our apologies for the misprint in prior issues. Please take note: 289 707 511 and 966 553 562.



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New cooks top tips for kitchen essentials

• Store cupboard essentials: Balsamic vinegar, chicken stock cubes, chickpeas, coconut milk, couscous, eggs, garlic, honey, lentils, olive oil, pasta, basmati rice, risotto rice, soy sauce, sunflower oil, sweet potatoes, canned tomatoes, white wine vinegar, onions.

• Must-have item for the kitchen: "I use a sharp knife for everything, from crushing garlic and jointing chicken, to carving a roast."

• Also invest in: a wooden chopping board, hand-held whizzer for speedy soup, ladle,

masher, measuring jug, mixing bowls, ovenproof dishes, peeler, spatula and a wooden spoon.

• Best ingredient for a quick meal: "You can do anything with eggs: omelette, pancakes, scrambled eggs. Always keep your fridge topped up with them."

• Best advice for a hot date: "You don't want to look like a sweaty cook, so keep it simple. Do as much as you can in advance, so if you're having steak, make your chips beforehand, and chill your wine."

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Coached into an adventure

Arguably one of the most beautiful countries in the world, Peter Beal takes the slow road as he coaches through New Zealand.

The stretch of brilliant white sand ahead seems endless, as our coach speeds along an unlikely public highway.

Flanked by massive dunes and the crashing breakers of the Tasman Sea, the Ninety Mile Beach which stretches along the coast of New Zealand's North

Island is believed to be the world's third longest uninterrupted beach, and a sight of staggering natural beauty.

As we leave a trail of spray in our wake, inside our coach a group of happy and relaxed holidaymakers are looking eagerly out of the windows.

After a couple of weeks travelling with Titan HiTours, a company who arrange everything from picking you up from home, to looking after your luggage, these travellers had long since relinquished any feelings of stress.

Our journey guide-cum-driver, Aucklander Steve Gilchrist, explains that the Ninety Mile Beach is actually closer to 60 miles long. But while no-one quite knows how it got its name, it is no less breathtaking for that.

Wild horses roam this massive expanse of shifting dunes which climb hundreds of feet high, while seabirds such as petrels and albatross swoop over the waves, and bright-billed oystercatchers peck their way along the shoreline.

Sacred to the Maoris, this coastline has a rocky outcrop on Cape Reinga at its northern end marked by a lone gnarled pohutukawa tree. Legend says the spirits of the dead enter the sea here on their way to a spiritual homeland.

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The sun rising behind the flag pole on the Waitangi Treaty Grounds, Bay of Islands.



The Champagne Pool, hot thermal spring

Closed to tourist rental cars, Ninety Mile Beach is not to be tackled lightly. The occasional car roof peeping from the sand bears testament to former hapless drivers who misjudged tide times.

We were on the final leg of our 23-day journey around New Zealand.

Among many incredible sights is the Bay of Islands, a beautiful and historic part of the country, where in the late 18th century, a young naval lieutenant called James Cook first landed, and gave the inlet its name.

Then in 1840 some 46 Maori chiefs signed the Treaty of Waitangi with representatives of Queen Victoria, gaining full colony status - although controversy continues to this day over differing translations in English

and Maori and whether it actually gave sovereignty to Britain.

The restored Treaty House has since become part of a visitor centre, where the UK, New Zealand and Maori flags fly from a flagstaff overlooking the bay. And across the grass is the Maori meeting house (whare runanga) built in 1940.

On a summer's evening there are few more enchanting places than the Bay: wooded slopes of more than 150 islands stretch as far as the eye can see across the sparkling blue water.

These days it's hard to believe this was New Zealand's 19th century capital - populated by whaling crews, escaped convicts, traders and rogues. Packed with brothels, grog shops and gambling dens, it was known as the 'Hellhole of the Pacific'.

Now quaint shops and tasteful restaurants are the order of the day.

The Bay of Islands may be the jewel in the crown but the rest of the North Island is no less captivating. Much of the Lord of the Rings trilogy was filmed here and the starting point for anyone arriving by the three-hour ferry from the South Island is New Zealand's capital of Wellington.

Although rather a functional place, the city does contain the magnificent museum of New Zealand on the waterfront, known as 'Te Papa'.

Also fun to visit is the parliament building, a sort of mini-Westminster with a quirky pub, The Backbencher, across the road, packed with Spitting Image-type models of MPs and an excellent menu.

From Wellington, we swung north over the Desert Road and beyond the peaks of Tongariro National Park - one of them, Mount Ngauruhoe, was Mount Doom in Lord of the Rings.

We then reached the thermal wonderland at the centre of the island, Lake Taupo. Nearly 1,000 feet deep, it's actually a volcanic crater and the earth's crust between here and Rotorua to the north is so thin that steam and fumes are strong enough to drive the area's own thermal power station.

The best thermal park is Wai-o-tapu (place of sacred waters) where brightly-coloured minerals rise to the steaming surfaces to form the Artist's Pallet and the Champagne Pool. Lady Knox geyser spouts 40 feet into the air to delight the crowds every morning - its punctuality helped by a handful of soap.

Of New Zealand's four million population, around a third live in and around vibrant Auckland, the City of Sails, whose iconic skyline dominates one of the world's great harbours. With 2,500 vessels, Westhaven marina is the biggest in the southern hemisphere.

Adrenaline junkies love the place. Bungee jumpers leap from the harbour bridge or the 1,076-foot Sky Tower, attached by elastic.

Saner pursuits include a cruise round the inlets, bays and little ports nearby (around £14/€16 for 90 minutes) or a meal in Viaduct Harbour, where bistros and seafood restaurants around the yacht basin buzz at night.

A 15-minute bus journey takes you to the weekend beach playground of Mission Bay, where the renowned Fish Pot Cafe boasts the finest fish and chips in the city for around £10/€11.43. They're probably right.



Auckland's skyline



Cape Reinga lighthouse

Key facts - New Zealand

- Best for: Stunning scenery, friendly service.
- Time to go: October- April.
- Don't miss: Ninety Mile Beach, Bay of Islands.
- Need to know: Pack light. New Zealand hotels have cheap laundry facilities.
- Don't forget: Changeable climate requires lightweight waterproofs - and sunscreen.



The Parliament and Beehive office building, Wellington

Travel facts

Peter Beal was a guest on Titan HiTours' 23-day Best of New Zealand tour, which starts at £3,695 (£4,224.80) on next availability in April 2011. Package includes VIP home pick-up/return delivery from anywhere in UK, return Air NZ flights ex-Heathrow, travel by first class aircon coaches, 19 nights' hotel accommodation with selected meals, excursions in itinerary, tour manager. Package avail Oct-Dec and Feb-April.

Optional excursions incl Ninety Mile Beach trip (£57/€65.18 pp). Flexible additions include stopovers in Hong Kong (three nights £325/€371.61) and Fiji (from £310/354.43).

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Aching to work

Around 10 million people in the UK have arthritis. Experts reveal to Lisa Salmon what the disease is, how it affects people and how employers can be more understanding about the problems it causes.

A career in advertising was graduate Kerrie Dawson's dream job.

But painful arthritis turned her dream into a nightmare and after just a year the bubbly blonde had to quit the job she loved.

Now the 24-year-old, who gets rheumatoid arthritis in every joint in her body, is unable to work until doctors find a treatment which can control her illness.

Cases like Dawson's were the focus of this year's World Arthritis Day (October 12) - Let's Work Together.

Arthritis is the biggest cause of physical disability in the UK, affecting around 10 million people. And contrary to popular belief, it isn't just an old person's disease, but can affect people of any age.

Many sufferers are of working age, and figures from the

Office of National Statistics show that 4.5 per cent of the UK's working population say arthritis affects their work.

That's more than a million people.

Figures from Arthritis Research UK show that up to 40 per cent of people with the condition give up work within five years of being diagnosed, and rarely return to employment, and a survey by the charity Arthritis Care found that a third of those of working age are unable to work because of pain, with another 30 per cent saying they struggle to cope.

Explaining why the condition forced her to leave her job, Dawson, who lives in Warwickshire, says: "When I left university I started a job in advertising that was my dream job and I loved it."

"After I was diagnosed I struggled on, but my condition

deteriorated very quickly and left me with little mobility and made me very tired."

She decided to quit her job, in Manchester, in June last year, just a few months after her diagnosis.

"I couldn't cope with it any longer. I was finding it difficult to get in and out of work, and struggling to concentrate."

Since then she has been unable to return to work because of the pain, which is mainly in her knees and ankles, and a lack of energy.

She admits: "I was surprised I had rheumatoid arthritis - I considered it an old person's disease."

"I was only 22 when I was diagnosed, so it was completely shocking, but after suffering for months, there was some relief that I could put a name to it."

She says the effects of the

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Having to control pain to be able to work

arthritis mean she can't make a full-time commitment to an employer: "Even on the days when I haven't got much pain,

my concentration and energy levels are zero.

"I'm only 24 and I really do want to get back into work

eventually. It's so frustrating - I love working, but every time I feel well enough to go back, I have a flare up."

Rheumatoid arthritis is the second most common kind of arthritis. There are more than 200 different types and the most common is osteoarthritis.

Employers can expect one in six of their workforce to be affected by arthritis, and the Work Foundation estimates the loss to the UK economy because of the condition is £7 billion.

In a bid to improve working conditions for arthritis sufferers, Arthritis Care has produced a Working with Arthritis booklet, for both employers and workers, and is hoping to get more employers to sign its Employers' Pledge.

The Pledge encourages companies to make a commitment to employees with arthritis, and includes suggestions for workplace improvements that employers can make to help staff with the condition.

These include determining what support a sufferer needs, providing flexible working arrangements, making necessary physical adjustments to the workplace and offering information on support.

Amanda Idowu of Arthritis

Care stresses that changes can often be simple.

"In the corporate world, even a handshake before a meeting can cause certain people with arthritis a lot of pain. People with arthritis often need help to stay in work or get back to it if the condition has forced them to stop."

She says most employers are supportive, and cites companies like BT who have signed up to the Employers' Pledge.

"There are very basic things that people can be made aware of, but clearly it's a cultural issue."

"There is a need for better understanding of how arthritis affects people at work."

Idowu stresses that arthritis is widely misunderstood.

"Look at Kerrie," she says. "Because she didn't have any suspicion she could have a disease like arthritis, she just went on as normal, not being able to walk."

"It got to the point where she just couldn't go into the office, so she had to leave the work she loved."

She adds: "There are drugs that may alleviate the symptoms, but there is no cure for arthritis."

"It's a disease which takes over people's lives."



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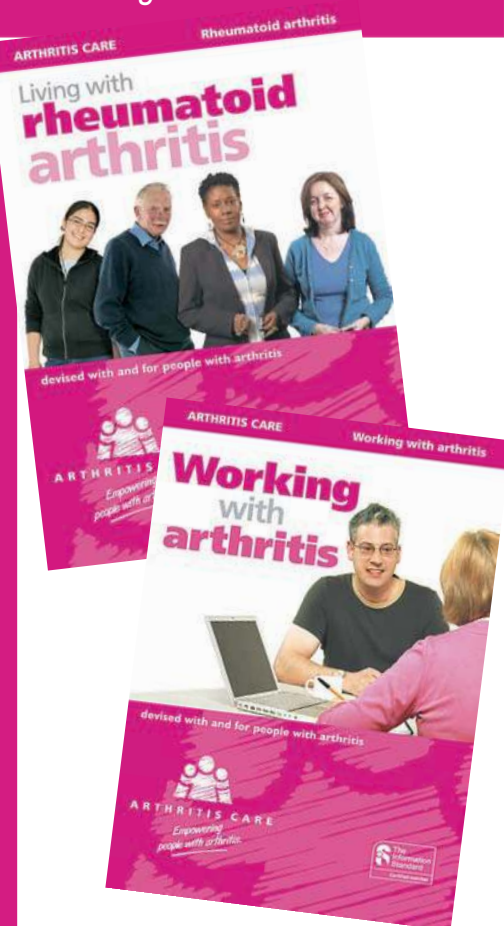


Arthritis - The facts

• **Osteoarthritis:** The most common form of arthritis is Osteoarthritis and it affects around 8.5 million people in the UK. It's most frequently seen in the hands, knees, hips, feet and spine. Osteoarthritis develops gradually when changes in cartilage affect how joints work. There is no known cause, or cure, and it's more common among women. It can develop at any age, although it occurs more frequently in older people. Injury to a joint can also trigger osteoarthritis.

• **Rheumatoid Arthritis:** The second most common form of arthritis is Rheumatoid Arthritis and it affects about 700,000 people in the UK. The immune system attacks joints, and sometimes other parts of the body, for no reason. The resulting inflammation means the joint capsule swells and the inflamed tissues become stiff, painful and swollen.

Certain genes which play a part in the immune system may be linked with Rheumatoid Arthritis. Triggers for those with a genetic tendency may include stress, an infection or virus, or hormonal changes.



For a copy of the Living with and Working with Arthritis booklets visit www.arthritiscare.org.uk.



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Highs and lows

Three weeks since my high of Gibraltar and I am still on cloud 9 it has to be said. It was a wonderful weekend.

The next weekend wasn't!! I 'embarked' on my longest all alone trip for a dog show, to a place I didn't know, using roads I didn't know--and I have still not got the TomTom I so desperately need. I went to Soussel, north from Estremoz, a roughly 3.5 hours journey. Cassie was with me. We had had a bad run up week, I had a cold, was still shattered from Gib, and everything conspired against me all week. I ended up bathing and grooming Cassie too quickly as I was just out of time. For the drive I decided to cut across country but it really is not ideal on your own, in fact quite unpleasant and scary. No lloo stops, very wiggly windy, single lanes, no passing places. Cassie was very sick just past Évora, I had to park in a field to sort her

and car out as there were no parking areas. By the time I finally found Soussel I was boiling over with stress. Then I had to find the show venue, it was fiesta weekend, my Portuguese is limited and no one spoke English. I looked for a sports hall and pointed the car, got there, it was the wrong one!! Finally found the correct one after garbled instructions in Portuguese--thank you to them and I do actually understand some words it seems. The show venue resembled a warehouse. By now it was 11am, Cassie in the ring at 13.00. No where to park the car. Finally I got inside to find that for the first time ever the CPC had not registered Cassie. More confusion as the Guys there did not speak English. Sorted it eventually. The hall was crowded, very very noisy and the first inside show Cassie has done since last March.

I collected her cage, the lug-

gage, then Cassie. She was completely freaked--she was in overdrive, jumpy, would not calm down, wasn't even happy in her cage as she normally was. I accept as friends pointed out it was 90% my fault. I was very, very stressed and she just picked up on it. So our ring appearance was rubbish and I should have stopped at home, she got her excellent and good remarks but neither of us deserved it. I stopped with friends until about 5pm then ventured back. Cassie was much calmer by then, as was I obviously. So an education for me and masses more hours of training to be done with Cassie--I was too complacent after her wonderful performance at Estoril. As I said to Cassie during the hours of driving I had driven 7 hours that day--this should prepare me for the drive to Crufts with Cleo when I do 8 hours per day!!!

At least I know the route al-



Cleo with Jan



Sway with Laura

do not think any of the four would happily go to a stranger--or even Bruno who they know well. It also made me reconsider the collar situation, my dogs do not wear collars in the house--rethink now.

Left: Pictures of Cleo and Sway taken last year at the Monografía.

This weekend was the Mamamaratona Run.

Now I am not the fittest person in the world--far from it and have never attempted this before but I was determined to do this for Jo, my Daughter in Law, to support her fight. So, the plan was I would go, register and sit myself down while Julie and the boys did the run. I took Cleo with me for company. But, I got carried away and Cleo and I did 6kms. Amazing experience. It rained for a while and we all had to put our coats on, Cleo had her trouser suit on which was a blessing. It was good to see Carrie and Milo at the beginning--oh how the beautiful Milo has grown--we lost you though, you must have moved very fast. There were lots of people running and I hope that they raised lots of money. Next year full length run I think.

Now we have the run up to Blip next weekend--more hard work and juggling, but we launched Paws4Pets there in 2004 so it has a special meaning for us. Hope to see lots of people. We will be on STAND NO 53 at BLIP 16th and 17th October.

Jan Cobley
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Milo & Me

I'm so pleased we actually made the effort to 'get up and go' on Sunday morning, to do the Mamamaratona.

Myself, Other Half, Milo (of course), Pedro (general manager of World Telecom), his girlfriend Cristina, their 5-month-old puppy Diesel, Angela Bell (Portugal News sales rep), her dog Bungie and her friend Sue all braved the dreary rainy forecast and at 09h30 we were in Portimão, raring to go.

Well, maybe not quite raring, but we were at least there.

I have to say Milo is not a good back-seat passenger. Transporting an excited mound of 28 kilos in the boot of a car, regardless that it's quite big, is not fun. The windows are now opaque. Actually lifting him in and out was even less fun (he'd stick his legs out in front of him like a stubborn mule and refuse to cooperate). And when I closed the boot door on Other Half's head (because--silly me--I was trying to help out with the Milo-moving efforts), well then I almost turned around and went right back to bed. He was literally like a bear with a sore head. Sounded like one too. Other Half, not the dog.

Anyway, we completed the five-kilometre walk in about an hour and three quarters, having spent ten minutes of that time under an umbrella waiting for the sudden downpour to stop. Well, it wasn't really sudden, the black

clouds had been looming all morning but for the most part it was warm and sunny and we'd kept our fingers crossed.

Diesel and Milo were in their elements.

Milo seemed to keep forgetting that Diesel was with us and got over-excited every time he remembered--which was like every two minutes.

'Hey, there's Diesel'--jump on him, bark at him, paw his head.

'Hey, there's Diesel'--jump on him, bark at him, paw his head.

Every two minutes, until Diesel, all two-kilos of him, bless, had finally had enough and decided with all his tiny might to jump, bark and paw back. For all of Milo's bravado, he's really a big girl's blouse and ended up cowering behind my legs.

It was like the mouse roaring at the lion. Quite amusing.

Later that afternoon, after a fantastic Sunday roast, I decided to extend my good will and charitable nature to the garden and filled in all the holes in the lawn with soil.

Again, the heavens opened and this time there was no umbrella and no hiding: both Milo and I ended up soaked and covered in mud.

Later that afternoon, as I relaxed my poor aching muscles in a deep, hot bath I reflected on what a lovely day it had been. The walk had been so enjoyable and I'm really glad we did it. Milo had

(to his best extent yet) behaved himself. He'd walked nicely (most of the time), only jumped on every other person, and looked quite grown up in his Halti and new blue 'Bone' collar.

We'd contributed to helping a very worthy cause, and even filling the lawn in was quite therapeutic because I was sure that, given Milo's recent good behaviour, his hole-digging days were over. All in all it had been a great day.

Until then.

Just as I closed my eyes... 'Crash, thud, rip, rip, rip'.

Milo had pulled the half-full bag of soil (those massive heavy bags) off the top of the outdoor freezer and was gleefully shredding it to pieces while at the same



time spraying the soil all over the terrace and garden.

I took a deep breath and decided to extend my charitable attitude a little further by pretending it wasn't happening. Or I'd very selflessly let Other Half take care of it, once his headcase was better.

Carrie-Marie Bratley



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Middle-Eastern and Mexican starters. The truth about Rib Shack, is that whatever it serves is properly done and made with the best quality ingredients. You may have to wait a little, but you know it's because everything is made from scratch.

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Other helpful notes, there is good parking available and a child friendly esplanade. Rib Shack

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Upcoming event for those of you who enjoy Blues music, Rib Shack bring to you "Monkey Mind Music" band who will play some of your favourite Blues tunes of all time! Starting 8pm Wednesday 20th Oct, call 966 553 562 or email ribshack.pt@gmail.com to reserve your table. Other events to take the stand soon, so stay tuned. If you would like to get more information on Rib Shack google up or visit their website at www.ribshackalgarve.com. Please note that the number in our index section is now correct.

Our apologies for the misprint in prior issues. Please take note: 289 702 511 and 966 553 562.



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• Must-have item for the kitchen: "I use a sharp knife for everything, from crushing garlic and jointing chicken, to carving a roast."

• Also invest in: a wooden chopping board, hand-held whizzer for speedy soup, ladle,

masher, measuring jug, mixing bowls, ovenproof dishes, peeler, spatula and a wooden spoon.

• Best ingredient for a quick meal: "You can do anything with eggs: omelette, pancakes, scrambled eggs. Always keep your fridge topped up with them."

• Best advice for a hot date: "You don't want to look like a sweaty cook, so keep it simple. Do as much as you can in advance, so if you're having steak, make your chips beforehand, and chill your wine."

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turn to us with 3 of her grandchildren. We give them all shoes and clothes. After much discussion it is agreed that we will submit three boys from the family to our Orphans Committee for their recommendations.

Our Orphans Committee is made up of fifteen local leaders, from local churches plus two Chief representatives. It is a Godsend. Someone present will know the family. They confirm or refute the report.

Ntate Samuel of our Orphans Committee has recently visited this very family. He tells of seeing three adults eating pap and hungry children

sitting watching them eat. This is most unusual behaviour for Basotho people. A strong indicator that there is a chronic shortage of food.

The Committee agrees with our recommendation for three of the boys to live-in at PCC. It will lighten the load for the Grandmother. They are Amos (Kamohelo) born 2003, Peter (Kabelo) born 2003 and Francis (Semakaleng) born 2001. We are told that some days the children only eat at school. Of the three boys, only Peter was attending local Primary School. The other two often went without.

Ntate Robert expressed serious reservations about us ad-

mitting a retarded boy to our PCC family. He shakes his head and says,

'Will he not cause big problems? How can we help him?'

I called Sempe to talk to the Committee. He is retarded and was 'wild' when he first came to live with us. Today, he attends local school, is well behaved and speaks some English. He is 8 years old.

There is much drinking and domestic violence within the community. For many of our orphans living with no fear of being beaten gives them security and confidence.

The Orphans Committee respect the advice of Ntate

Robert but they know that these children faced a bleak future if they remain in their village.

Old Nkhono told us that often Semakaleng runs away. Indeed, we have had some problems with him. He would make the strangest deep guttural noises and growl and look fierce. A strange child. Today he is a delight. He talks and uses the toilet. He has put on weight and attends preschool each morning. He is a new child.

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Semakaleng, his cousin Amos (looks like a tellytubby - he hasn't stopped eating since he arrived!) and Joseph (the older boy), the boy who makes the wire cars.

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Contact: Pastor David Loop Tel 965-
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www.riversideintchurch.com

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Capitão, Loja "B" Massama / Queluz,
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Frank Escobar at 21-467-3386 or
Mobile 919 086 683

ST GEORGE'S CHURCH; LISBON

(Church of England). Av. S. Jorge 6
(north of Estrela Gardens). Service
11.45 am every Sunday. Tel: 21.
4692303.

ST. PAUL'S CHURCH, ESTORIL

(Church of England). Av. Bombeiros
Voluntários 59 (behind Hotel Sana
Estoril). Sunday School. Service
10.00 am every Sunday. Tel.
21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL

368 Rua do Murtal, Mass each
Sunday and Holiday 10.15am Tel. 21
467 3771

ST. ANDREW'S CHURCH OF SCOT-

LAND (PRESBYTERIAN) Rua Arriaga,
13, (Presb): Sun. 11.00. Bi-lingual
Sunday school & crèche is available.
Minister's Tel: 218 043 410,
www.standrewslisbon.com

CASCAIS INT. CHRISTIAN CHURCH

Av. de Sintra, Nº 1154, Cascais (Tel:
21 486 1856). Sunday English wor-
ship 10.30. An int. evangelical fel-
lowship, nursery provided, children's
church programme, mid-week bible
studies.

THE SALVATION ARMY, LISBON

Reboleira Corps (Praceta Almada
Negreiro, Lote 213 Loja Dt do
Exército 11 A); Chelas Corps (Rua Rui
de Sousa, Lote 65 A Loja C);
Laranjeiras Corps (Bairro de

Laranjeiras). At all these corps:
Morning 9.30am Salvation Meeting
5.00pm Picheleira Corp Rua Capitão
Roby, Picheleira, Lisbon (21 805708).

LISBON SYNAGOGUE:

Rua
Alexandre Herculano 59, Tel 213 931
130 Fax 213 884 304,
celesboa@mail.telepac.pt
IGREJA BAPTISTA de Queijas (close
to Cascais) Rua Carlos Santos 88,
Queijas Near the Olympic Stadium
off the A5. Tel: 214 172 087. Sunday
Service: English 10:15 Prayer and
Bible Study: Thursday 8pm Traditional
Baptist Service in English followed
by Sunday School.

JEHOVAH'S WITNESSES - Public Talk

in English. Rua João de Deus, 76.
Sintra. (Behind Sintra train station).
Sunday 1.30pm. Tel: 214 690 600.
Also Rua da Barroca, 122 (Bairro
Alto), Lisbon. Sunday 11am. Tel: 213
421 604. (Chinese: Saturday 3pm).

The Algarve

ALL SAINTS ANGLICAN CHURCH,

ALGARVE Holy Communion every
Sunday. Almancil 10.30am with Ad-
venturers at Almancil Community
Centre (ASCA). Lagoa 6pm at Lagoa
Convent Chapel. www.allsaints
algarve.org or 282 380 311.

ST VINCENT'S ANGLICAN CHURCH

C of E. Sundays: 9.30am Igreja N Sra
de Fatima, N125 between Quatro
Estradas & Almancil, 11.30am St
Luke's, Gorgões, 8.00am & 12noon
Igreja N Sra da Luz, Praia da Luz,
near Lagos 918 824 584.
www.stvincentsalgarve.org

THE SALVATION ARMY in São Bras

de Alportel will hold on the 1st
Sunday of each month an Interna-
tional Worship Service at the Salva-
tion Army Citadel in São Bras at
5pm, Rua 25 de Abril, nº 19 (next to
the Market).

INT. CHRISTIAN FELLOWSHIP

Rua N.5 do Amparo (just off Avda 25 de
abril) in "The Bridge" rooms,
Cedipraia Shopping Centre. Wor-
ship Sundays at 11am. Sunday School
for children in English & Portuguese.
For more info call 282 461 985 see
www.coaa.co.uk/icf.htm

INT. COMMUNITY CHURCH in Lagos

invites you to attend its services
in English: Sundays 10.30am.
Newfrontiers Sunday School 5
Travessa de Santo Amaro, Lagos,
Tel. 282-086804 or 282-697546,
www.icc-lagos.org.

INT. EVANGELICAL CHURCH OF

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ities and denominations to their

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tween the Vilamoura entrance & the
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and Sunday School. For further in-
formation: 289 328635.

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Sundays 10.30am at 14, Praça Luis de
Carnoses in the historical building,
upper room, in the centre of the old
walled city of Lagos. Messianic As-
sembly. Our mission Math: 28 v 18
to 20. Contact Stefan Saunders (Pastor)
963 165 983,
stefanjsaunders@yahoo.co.uk

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the Algarve, Christ Centred study of
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day school available for toddlers to
teens. Sunday services 11am. Mid-
week study 8pm Wednesdays. EN 125
Porches Retail Park, Vale de Lousas,
Alcantarilha. Tel: 282 381 347 Pastor
Gary O'Connor. www.lagoafellow
ship.org for more info

TAVIRA CHRISTIAN CENTRE

Meetings in English, Sundays at 10.30 am
at Av. Mateus Teixeira de Azevedo,
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gramme and further details from
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days at 10.45am in Portuguese. Bi-
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EREV SHABAT - For services Tel:

289 417 110

JEHOVAH'S WITNESSES - Public Talk

in English. The New Kingdom Hall of
Jehovah's Witnesses, 25 Largo Engº
Sarrea Prado, Portimão (Next door
to the University). Sunday 10.30am.
School Thursday 7.30pm Tel: 282 485
495. (Chinese: Saturday 4pm) No
collection. ALSO Sítio de Lagoas,

Edifício Space Beautiful, Av 25 April.
Ferreiras Albufeira. (Sunday 10am.
School Wednesday 7.45pm Tel: 282
339 372.

Oporto

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tian gatherings on Sunday after-
noons at 3rd Baptist Church, Rua
Estacao 133, Porto, & Saturday eve-
nings on the 1st floor at Confeitaria
Palacio, Porto (across from the
"Emergency" entrance of Hospital
Santo Antonio); for meeting times,
details and updated schedule visit
www.NovaAurora.com, call 220 994
785 or send an SMS to 917 112 736.

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TIONAL CHURCH - Oporto: A church
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VNG, between Aguda railway sta-
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Tina or Bill Mason on 227 627 643 or
914 949 611
contact@riversideporto.com or
www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN

CHAPLAINCY OF OPORTO. Largo
da Maternidade, Júlio Dinis. Sun.
11am Details from Chaplain (22) 609
1006. www.stjamesoportocom

THE SALVATION ARMY OPORTO

Pereiro Corps (Av. Vasco da Gama
No: 675-2 E Ramalde). Service 10am,
Salvation Meeting 5.00pm. Coloras
Corps. (Av. dos Bombeiros Voluntá-
rios; Tel: 22 929 1077) Sun. 10am.
Thurs 4.00pm Ladies Home League
Meeting.

JEHOVAH'S WITNESSES - Public Talk

in English. Praça Don Afonso V, 168.
Sunday 10.30am. Tel: 226 160 976.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN

ENGLISH. At 6.00pm on the Second
Sunday of each month. Held in the
Evangelical Baptist Church, Rua Dr.
José Soudade e Silva 27/29, between
Railway Station and central "Pingo
Doce". For details phone 262881393.
No service on 14 November

Announcements

SUNDAY LUNCH at the Acolina Hotel, Almacil. For a long relaxing Lunch call 289358792

CANCER MEETINGS Have you been affected by Cancer? Members of the women's cancer support group meet for advice or an informal chat on the first Wednesday of every month in Loulé. If you would like to join us, please contact Vi on 289 882 680 or 917962255.

CASA - IS a local social group established over 20 years ago. A friendly group who have a monthly newsletter and at least one activity per month, usually dinners at local venues. We have and annual trip to Spain or within Portugal, plus other activities. Open o everyone. For more information and a sample newsletter give Mary a call on 282 357 275.



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Charities

AYAMONTE ANIMAL Rescue Fund Raising Craft Fair & Car Boot Sale. Calico Park 0034 959053096.

CAR BOOT Sale held every 3rd Sunday of the month at Restaurant "Quinta dos Areões", adjacent to the Veterinary Clinic in Espiche. Stallholders pay from €3. All proceeds go to Rosco's Charity Association. Call Alfred on 919886955 or contact us on our website www.roscofoundation.org for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson 962633811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre, Av. Mateus Teixeira de Azevedo, 61A (Opposite Skippers Bar). Come and browse, Come and bring clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30-4.30 and Saturdays 10.30-12.30. Phone 917872559/ 913617991 for further details. Volunteers needed so we can open more frequently.

CHARITY BOOK Sale & Coffee Morning, 2,000 nearly new paperbacks at 60c. each. All proceeds in aid of The Boy's Home in Faro. Friendly atmosphere in pleasant surroundings. Every Friday from 10am to 12 noon, in the Village Hall, Monte da Palhaqueira, Gorjões, Sta. Barbara de Nexe. Info. Tel: 289 990 901.

www.theportugalnews.com

ALBUFEIRA ABA Charity shop, 41D Avenida do Ténis, open Tuesday to Saturday 10h30 until 2pm. (next door to the Galeano Bar) on the road that leads to the Marina, from the dual carriage-way. We are an independent charity, using the income from the shop for neutering animals. Please help us by donating items for sale.

APAA CHARITY Shops. Cerro Grande, Albufeira, Monday to Saturday 10.30 am to 2pm; Dunas do Alvor, Tuesday to Sunday 10am to 1pm; Rua da Mesquita, Silves, Monday to Saturday 10.00am to 2pm. Good quality clothes, books, jigsaws, bric-a-brac, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

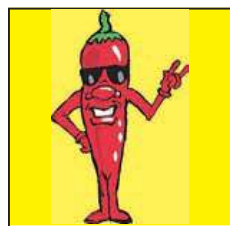
DO YOU have some spare time? Would you like to make new friends and help animals, too? Become a volunteer for the Nandi Animal Charity Shops in Lagos. Most volunteers work one half-day a week. Join us! We are a friendly group and new volunteers always welcome. For more information, call Susan at 918575533.

NEW CHARITY Shop opened in Guia, situated one way street 3 doors up from Restaurant Atlântico opposite carpark. Open 10h30 to 18h30 each day except Saturday (10h30 to 14h30), closed Sundays. Books, excellent quality new and nearly new clothes for men, women, children and babies, toys, puzzles, bric-a-brac, towels, bed linen and many more quality items.

ASSOCIATION BIANCA, a registered Portuguese charity that runs an animal shelter near Lisbon (see more on www.bianca.pt/english) invites you to its online charity shop: http://www.fazendoanimaisfelizes.blogspot.com/You can buy or you can donate. Either way, you are helping to feed 250 dogs and 50 cats."

CHARITY SHOP, Montechoro, Albufeira (behind chemist's) needs volunteers to help in the shop. Please ring Lesley: 962 414 584

Dining Out



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WRITING CIRCLE in Lagoa Library with Jenny Grainer starting on October 12th at 10.30 then every 1st Tuesday in the month Tel: 963 518 184 jennygrainer@sapo.pt

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Entertainment

ALGARVEAN'S EXPERIMENTAL Theatre Group are active all year and need you as a member. Are you good with a needle or do you like to paint? Happy to go on stage and perform or would you prefer to assist backstage? Young or old join in the fun. Why not take a look at our website? www.thealgarveans.com. Want to be part of our group? Ring Pat on 282 695 614 or email patnlesport@hotmail.com

LIVE MUSIC / karaoke / disco. Private parties or regular gigs. Christmas and New year coming up. Book now to avoid disappointment. Any occasion. For more info call Stewart on 914 805 600.

OCTOBER 27TH - 29TH Lagoa. The Algarveans Experimental Theatre Presents 'Life's Like That!' a night of comedic theatre with something for everyone. All tickets only 5 book on 282 789 608 algarveantickets@hotmail.com

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Personal

Mums & Tots



Tuesdays 10.00am-12.00 Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos. For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

Explorers & Climbers Mother & toddler group meets every Thursday at 10am - 12.15pm.



Crafts, songs and lots of fun ... Where? Lagoa Christian Fellowship hall, Vale de Louzas, EN125, Alcantarilha. Refreshments available. Contact Laura for more details on 914 393 935.



Every Saturday Morning newfrontiers 10-12am at ICC Lagos 5 to 12 year olds Food * Games * Music * Fun Competitions * Drama!!! BRING A FRIEND!!!!!! Tel: 282 086804 or see icc-lagos.org for location

To place a classified call our Classified Hotline on 707 500 646

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ALCOHOLICS ANONYMOUS- Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Alcantarilha 1.00pm; Alcantarilha 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Alcantarilha 7.30pm. Thurs.: Pêra 7.30pm. Tel: 919 005 590; Tavira 7.30pm. Fri.: Alcantarilha 1.00pm; Portimão 7.30pm. Sat.: Alcantarilha 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969. We look forward to seeing you there.

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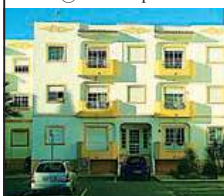
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Nissan unveils the new Micra

It may not appear so at first glance, but the Nissan Micra is something of an automotive dynasty. Unlike most Japanese cars, the Micra in all its previous guises had proper longevity: the first and second generation stuck around for a decade apiece while the outgoing one is still selling well in its seventh year.

It can also stake a claim for being one of the most driven cars on the planet, as its total user-friendliness made it a popular driving school steed. Most crucially for a private buyer, it also came with the promise of bulletproof reliability.

So the new one has quite a reputation to live up to. It also has to overcome a slight problem that the old one had, namely that one half of the population saw it as something of a girlie car. That explains why the new Micra looks a little more conservative in comparison. It's as neatly styled as ever of course although less radical than before, it shares the non-threatening look that many drivers find appealing.

Compared to the rest of the supermini crowd, the Micra stands out by virtue of its simplicity.

You can count on the same approach on the inside too. Uncomplicated is the best way of summing it up, although that's not a euphemism for a lack of equipment. Slide behind the wheel and it won't take more than 30 seconds to locate all the switches and controls: if you really want to you could chuck the handbook out of the window and never miss it. This approach doesn't make it dull to look at either: the heating and ventilation controls are grouped in a circular manner in the centre of the dashboard, while the chunky steering wheel and clear instruments show some flair. Unlike some rivals, the Micra can also be specified with a different trim colour, and in this guise the dash of con-

trast brightens up the view.

Nissan has gone heavy with the technology too, even if the Micra doesn't shout about it. Just like the old car it can be specified with keyless entry and start, still a rarity in this class. There's also a parking guidance system which will check the spaces between cars parked at the side of the road and tell you whether the car will fit or not – useful for those moments of indecisiveness. Every model comes with ESP too, which is an option costing several hundreds on many rivals but is worth ten times as much when it does its job.

It's clever where you can't see it too, with a new platform that contributes significantly to the Micra being lighter than its predecessor, despite better crash performance. Simple ideas like the boomerang shape in the roof add strength and therefore refinement but without a weight penalty. It's this kind of thinking that bodes well.

Fire up the Micra and the first thing you notice is the distinctive thrum of the new engine. The 1.2-litre petrol unit has three rather than four cylinders, and to these ears at least, this is a welcome change.

Less cylinders means less weight and a keenness to rev, both of which help in a city car, but despite the size it has 79bhp and a thrifty 115g/km. Next year there will be a supercharged version with almost 100bhp but with even better emission and economy figures – hence Nissan's decision that a diesel version isn't required.



Once you get your head around that it's hard not to agree. Even this lower-output 1.2 is more than enough to pull the Micra along easily, whether mated to the five-speed manual or the new CVT transmission. It's brisk enough and, as you'd expect, a cinch to drive, with the kind of accuracy and good-weighting that has become something of a Japanese trademark.

Refinement is right up there too, with the suspension being tuned to deal with urban scars rather than hairpin turns and rightly so: it can handle the bends but in truth almost all buyers will spend their time on tougher streets.

There's good space in the

Micra too, with tweaks to the body shape designed to increase rear headroom, and the simple dashboard design leaves more room for legs. The boot is respectable considering the compact exterior, but dropping the seats brings not only tons of space, but a flat floor too.

Understandably Nissan has stuck with a successful recipe: the latest Micra is a very honest car and doesn't pretend to be something it's not.

But the quality of the engineering underneath makes it a quality car to own, and the supercharged version coming next year might just be the car that leaves its supermini rivals way behind.

Matt Joy



Facts at a glance

Model:	Nissan Micra 1.2 Tekna
Price:	Unavailable
Engine:	1.2-litre petrol producing 79bhp and 110Nm of torque.
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Performance:	Top speed 171kmh, 0-100kmh in 13.7 seconds.
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Portugal back on track



Portuguese players celebrate after scoring against Iceland during the UEFA Euro 2012 Group H qualifying game at Laugardalsvöllur stadium in Reykjavik, Iceland, on October 12th. (Photo: EPA/Thorvaldur Kristinnsson)

Algarve set to hold on to the Masters

The biggest tournament in Portugal and one of the biggest in Europe is set to renew its partnership with the Algarve after a successful three-year trial period.

The Algarve Tourist Board (ERTA), which has a key role in the staging and promotion of the event is confident the Portugal Masters will be returning to the south of Portugal for years to come.

"It is our conviction that the tournament will be retained. It is one of the main tournaments and represents a lot for the Algarve and attracts some of the world's

best golfers", ERTA President Nuno Aires was quoted as telling Observatório do Algarve.

The Masters, which dates back to 2007, has a contract for three years (four tournaments), which would make 2010 the final year unless a new deal is negotiated for the tournament, which now boasts prize money totalling three million euros.

The ERTA president further stressed the importance of securing this event, saying: "Golf is the second most important tourism product we have after the sun and sea."

Ryder Cup heroes seek glory in the Algarve

 Brendan de Beer

It is every man for himself this weekend as four members of Europe's victorious Ryder Cup team vie to lay claim to the Portugal Masters trophy which has a purse of three million euros.

Despite news that England's world number two ranked golfer Lee Westwood has pulled out of the event and will therefore be unable to defend his title, the entry list still boasts a number of big names.

While the near-certainty of the Englishman dethroning Tiger Woods in Vilamoura as the world number one would have been an enormous draw card for the event, the presence of four of Westwood's teammates from the Celtic Manor Resort should still see crowds come through in their thousands between October 14 and October 17.

In 2009, almost 38,000 tickets were sold for the four days, with more than 10,500 people paying to see the final round.

In 2008, a total of 28,461 spectators attended the event at the Oceânico Victoria Golf Course in Vilamoura, which in turn was up about 4,000 from the inaugural event staged in 2007.

Englishman Ross Fisher, the popular Spaniard Miguel Angel Jiménez and the Italian brothers Edoardo and Francesco Molinari will be in the Algarve to underwrite their status as some of the world's top golfers.

Also in the field for the €3 million event will be three of Montgomerie's Vice Captains - Thomas Björn, Darren Clarke and Paul McGinley.

 Brendan de Beer

The Portuguese national football team has bounced back in style following two convincing 3-1 victories in their Euro 2012 qualifying Group H.

After an impressive debut for new manager Paulo Bento last Friday evening at home against Denmark, in which Portugal ran out 3-1 winners, the scoreline was emulated five days later in Reykjavik where a somewhat less cohesive, but nonetheless efficient performance against Iceland ensured maximum points for Portugal.

These two wins come after a disastrous start to the nation's qualifying campaign, where a 1-0 defeat in Oslo to Norway was followed by an embarrassing 4-4 draw against Cyprus.

Back on form in these two most recent matches was Cristiano Ronaldo, who has in recent weeks been in good touch for both club and now country.

The same is true for his former teammate at Manchester United Nani, who has continued to mix audacity and a mild dose of arrogance with mature performances many of his critics thought impossible.

Portugal will now enjoy an eight-month 'vacation' from competitive football, with their next qualifying match scheduled for June 4 against Norway in what is set to be a hugely decisive match.

Before then, Portugal will host World and European champions Spain in Lisbon on November 17 in a match that forms part of the country's centennial celebrations as a republic.

Two other friendly matches are also planned for the beginning of next year with teams such as Sweden and Finland the intended opposition as their style of play could assist in Portugal in fine-tuning their preparation for the clashes against group opponents Norway, Denmark and Iceland.

Following Portugal's vital game against Norway next June, the national side will have three qualifying games remaining.

Portugal will travel to Cyprus next September in a bid to 'avenge' the home draw earlier this year, followed by a double-header in October against Iceland culminating in Copenhagen against Denmark.

Portugal are currently second in their qualifying group on seven points from four games, two points behind Norway who have played one less match.

Denmark are a point behind Portugal, but the Danes have only played three matches, while Cyprus are on one point and Iceland have as yet failed to open their account.

There are nine qualifying groups for the Euro 2012, with the group winners all going through. The second-placed team with the highest amount of points will also be ensured automatic qualification. The remaining four qualifying spots will be decided through home and away play-offs between the eight other second placed teams.



Miguel Angel Jiménez



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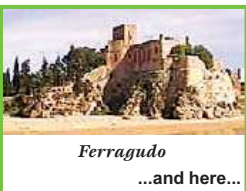
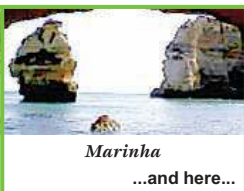
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